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# Facts About USDA Commodities

for the  
National School Lunch Program

FNS-251

United States  
Department of  
Agriculture  
Food and  
Nutrition  
Service



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The National School Lunch and Breakfast Programs are  
available to all children regardless of race, color,  
national origin, sex, age, or handicap.

## Introduction

This is a collection of fact sheets for commodity foods donated to schools by the U.S. Department of Agriculture (USDA). Each fact sheet provides basic information that will help school lunch personnel improve the use of donated foods through creative menu planning. Additionally, this information will simplify ordering and will serve as a ready reference for the nutrient content of USDA commodities.

The Food and Nutrition Service (FNS) is the USDA agency charged with administering the Food Distribution Program. Through the Food Distribution Program, USDA purchases surplus foods from American markets and distributes them to State agencies for use by eligible local outlets, including schools. Schools participating in the National School Lunch Program may receive USDA-donated commodity meats, vegetables, fruits, grains, and dairy products.

*Each fact sheet contains the following information for each commodity:*

**Ingredients** lists the contents as well as the USDA grade, variety, cut, packing medium, and other applicable information.

**Pack Size** describes the packaging of the commodity. Such information may include case weight, number and weight of individual bags, can size, and number of cans per case.

**Yield** tells the number of servings per pound/ portion or per can, as well as additional information. Serving sizes may be  $\frac{1}{4}$  cup for fruits and vegetables, 1 ounce,  $\frac{1}{4}$  cup, or an individual portion for meats and meat alternates, and generally  $\frac{1}{2}$  cup for bread and bread alternates. Use yield information to calculate the quantity of food needed to meet the school lunch meal pattern requirements. Yield data were obtained from the USDA publication *Food Buying Guide for Child Nutrition Programs* (Program Aid No. 1331).

**Storage** suggests where, how, and how long to store the commodity. Storage information is from *Storage and Materials Handling*, DOD 4145.19-R-1, September 1979.

**Nutritional Value** is included for a specified portion of each commodity. The nutrient profile is intended to be used as a guide in planning nutritious meals. Most of the foods are listed in ready-to-eat form, such as "1 ounce of cooked ground beef (containing no more than 24 percent fat)" or " $\frac{1}{4}$  cup serving of cooked, drained green beans." Values are listed for calories, protein, carbohydrate, fat, cholesterol, vitamins, and minerals. The vitamins reported are vitamin A, vitamin C, and the B vitamins (thiamin, riboflavin, and niacin). Calorie and nutrient values are from USDA Nutrient Data Base for Standard Reference Release No. 4, which is the tape version of revised Agriculture Handbooks Nos. 8, with supplemental data from Agriculture Handbook No. 456. Unpublished data were obtained from the Nutrient Data Research Branch, Human Nutrition Information Service, for those ingredients not included in the other sources.

**Preparation** includes applicable information on thawing, preparing, cooking, holding, and serving the food item. This section also contains important food safety and handling information, as well as tips on seasoning and garnishing. The fact sheets are arranged alphabetically within each food group—Meat and Meat Alternates, Vegetables and Fruits, Bread and Bread Alternates, and Other Foods.

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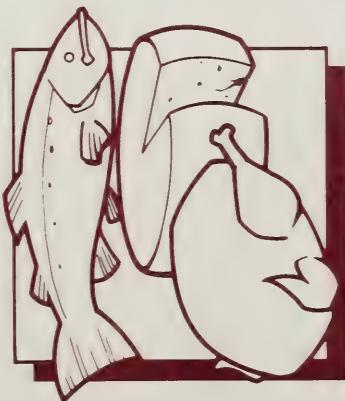
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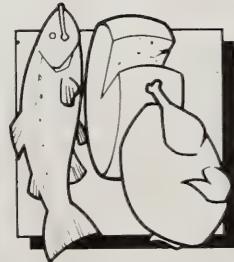
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# Meat and Meat Alternates







## Facts About USDA Commodities **Almonds, Shelled**

### Ingredients

Shelled almonds, unblanched, U.S. No. 1 Grade, of the Nonpareil, California, or NePlus varieties

### Yield

One pound of shelled whole almonds with skins will yield about 3-1/8 cups of whole nuts or about 3-1/2 cups of chopped nuts.

### Uses

Almonds may be used in rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts, or be combined with raisins and granola. Use almonds for any dish that calls for peanuts or a bread crumb topping.

### Storage

Store almonds in original carton in a cool, dry place. Refrigeration is recommended. Opened almonds should be tightly resealed and refrigerated or frozen. Almonds have a shelf life of 12 months at 32 °F.

### Pack Size

25-pound carton

### Nutritional Value

One ounce of shelled unblanched almonds provides:

Calories . . . . .	165	Thiamin . . . . .	0.06 mg
Protein . . . . .	5.6 g	Riboflavin . . . . .	0.22 mg
Carbohydrate . . . . .	5.8 g	Niacin . . . . .	0.95 mg
Fat . . . . .	14.8 g	Iron . . . . .	1.0 mg
Cholesterol . . . . .	0	Calcium . . . . .	75 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	147 mg
Vitamin C . . . . .	0.2 mg	Potassium . . . . .	208 mg
Sodium . . . . .	3 mg	Sodium . . . . .	3 mg

### Preparation

#### TO ROAST/TOAST:

*Conventional oven:* Spread almonds on a sheet pan that has been lightly coated with vegetable oil (for toasting use ungreased sheet pan). Bake at 350 °F for about 10 minutes. Stir occasionally for even browning.

*Convection oven:* Roast at 300 °F for approximately 7 minutes. Roasting/toasting times may differ depending on quantity and almond size. Small quantities and smaller pieces roast faster.

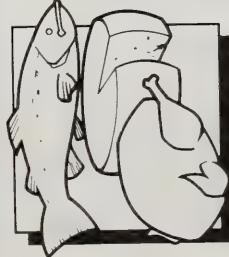
Almonds will continue to brown slightly after being removed from the oven.

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NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.

# Facts About USDA Commodities

## Beans, Lima, Dry and Canned



### Ingredients

Dry lima beans (large)

Canned dried baby lima beans,  
cooked and packed in brine

### Yield

One pound of dry large lima beans yields 27 1/4-cup servings of cooked beans. One pound of dry lima beans yields 23.4 1/4-cup servings of cooked beans. One No. 10 can (105 oz) of dried baby limas yields the following: 72 ounces (11-3/4 cups) drained or 41 1/4-cup servings of heated drained beans.

### Pack Size

25-pound bag

Six No. 10 cans  
per case

### Storage

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life			
Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

### Uses

Use cooked dry or canned dried lima beans in soups, salads, and entrees, or serve as a vegetable. Canned dried limas are ready for immediate use. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

### Nutritional Value

A 1/4-cup serving of cooked dry lima beans with no added salt provides:

Calories	65	Thiamin	0.06 mg
Protein	3.9 g	Riboflavin	0.03 mg
Carbohydrate	12.2 g	Niacin	0.33 mg
Fat	0.3 g	Iron	1.5 mg
Cholesterol	0	Calcium	14 mg
Vitamin A	0	Phosphorus	73 mg
Vitamin C	0	Potassium	291 mg
		Sodium	1 mg

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A 1/4-cup serving of canned lima beans, drained solids (heated), provides:

Calories . . . . .	40	Thiamin . . . . .	0.01 mg
Protein . . . . .	2.3 g	Riboflavin . . . . .	0.02 mg
Carbohydrates . . . . .	7.8 g	Niacin . . . . .	0.21 mg
Fat . . . . .	0.1 g	Iron . . . . .	1.0 mg
Cholesterol . . . . .	0	about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans. Cook for approximately 1 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.	
Vitamin A . . . . .	61 IU	Calcium . . . . .	12 mg
Vitamin C . . . . .	1.5 mg	Phosphorus . . . . .	30 mg
Sodium . . . . .	100 mg	Potassium . . . . .	94 mg

### TO COOK:

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of large lima beans equals about 2-5/8 cups. One pound of small lima beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans. Cook for approximately 1 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

### Preparation

Dry beans: Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

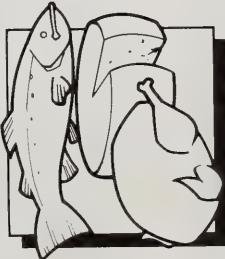
### TO SOAK:

*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

# Facts About USDA Commodities

## Beans, Red, Dry and Canned



### Ingredients

Pinto, pink bean, light red kidney, dark red kidney, red bean:

Dry beans

### Pack Size

25-pound bag or 100-pound bag for processing

Canned dried packed in brine

Six No. 10 cans per case

### Uses

Use cooked dry or canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Cooked beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

### Storage

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature 40 °F 70 °F 90 °F

Shelf life  
Dry  
Canned

24 months  
72 months

12 months  
36 months

9 months  
18 months

### Yield

One pound of dry beans yields the following:  
Kidney - 24.8 1/4-cup servings of cooked beans;  
pinto - 24.9 1/4-cup servings of cooked beans. One pound of dry beans equals about 2-3/8 cups dry and yields about 6 cups of cooked beans.

One No. 10 can of dried beans (108 oz) yields the following: Kidney - 72 oz (11-1/3 cups) drained or 41.9 1/4-cup servings of heated drained beans; pinto - 93 oz (11-5/8 cups) drained or 43.3 1/4-cup servings of heated drained beans.

(Continued on back)

## Nutritional Value

A 1/4 cup serving of cooked dry red kidney beans with no added salt provides:

Calories .....	55
Protein.....	3.6 g
Carbohydrate .....	9.9 g
Fat .....	0.2 g
Cholesterol .....	0
Vitamin A .....	2 IU
Vitamin C .....	0

1/4 cup of canned red kidney beans (solids and liquid) packed in brine provides:

Calories .....	55
Protein.....	3.6 g
Carbohydrate .....	10.5 g
Fat .....	0.3 g
Cholesterol .....	0
Vitamin A .....	2 IU
Vitamin C .....	0

**Preparation**  
Dry beans: Sort beans to remove foreign matter, and rinse in cold water.

Thiamin .....	0.05 mg
Riboflavin .....	0.02 mg
Niacin .....	0.32 mg
Iron .....	1.1 mg
Calcium.....	18 mg
Phosphorus .....	65 mg
Potassium .....	157 mg
Sodium .....	1 mg

**TO SOAK:** Soaking shortens cooking time and insures that the beans will hold their shape.

**Overnight Method:** Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

**Quick-Soak Method:** Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

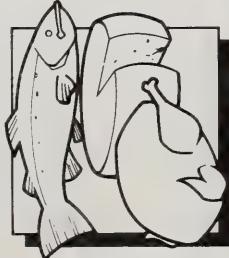
Thiamin .....	0.03 mg
Riboflavin .....	0.02 mg
Niacin .....	0.38 mg
Iron .....	1.2 mg
Calcium.....	18 mg
Phosphorus .....	70 mg
Potassium .....	168 mg
Sodium* .....	217 mg

**TO COOK:** Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of kidney beans equals about 2-1/2 cups. One pound of pinto beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans. Cook for approximately 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

\*Sodium in canned kidney beans from USDA Home and Garden Bulletin No. 233

# Facts About USDA Commodities

## Beans, Refried, Canned



### Ingredients

U.S. No. 2 grade pinto beans, vegetable oil, seasonings

### Pack Size

Six No. 10 cans per case

### Nutritional Value

	Pack Size	Nutritional Value
Yield	One No. 10 can (7 lb 3 oz) yields about 25.7 1/2-cup servings of refried beans or 51.5 1/4-cup servings of refried beans.	
Uses		
		Calories . . . . . 67
		Protein . . . . . 3.9 g
		Carbohydrate . . . . . 11.7 g
		Fat . . . . . 0.7 g
		Cholesterol . . . . . 0
		Vitamin A . . . . . 0
		Vitamin C . . . . . 2.8 mg
		Thiamin . . . . . 0.03 mg
		Riboflavin . . . . . 0.03 mg
		Niacin . . . . . 0.20 mg
		Iron . . . . . 1.1 mg
		Calcium . . . . . 29 mg
		Phosphorus . . . . . 53 mg
		Potassium . . . . . 248 mg
		Sodium . . . . . 267 mg

Refried beans may be used either as a vegetable or a meat/meat alternate. Served as an accompaniment to a main dish, refried beans may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burritos, bean tostadas, chiles rellenos, or nachos frijoles.

### Storage

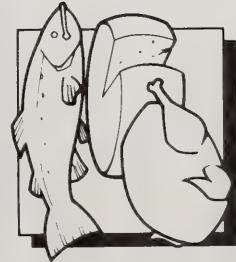
Canned refried beans should be stored off the floor in a cool, dry place. Store opened refried beans in a covered, nonmetallic container in the refrigerator and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Preparation

Refried beans should be heated slowly at a low to medium temperature in a steam-jacketed kettle, or in a steamer to an internal temperature of 140 °F. Stir occasionally to distribute heated beans. Do not overheat — beans can burn and dry out quickly. Refried beans are best served hot.





# Facts About USDA Commodities **Beans, Vegetarian, Canned**

## **Ingredients**

Pea beans (navy) or small white beans in a meatless tomato sauce that is not highly seasoned

## **Yield**

One No. 10 can (110 oz) of vegetarian beans yields 48.9 1/4-cup servings of cooked beans.

## **Uses**

Serve vegetarian beans heated or use in casseroles, or in baked beans. Serve vegetarian beans with pork and chicken.

## **Storage**

Store vegetarian beans off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the beans. Refrigerate opened canned vegetarian beans in a covered, nonmetallic container and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

## **Pack Size**

Six No. 10 cans per case

## **Nutritional Value**

A 1/4-cup serving of vegetarian beans, in sauce, heated, provides:

Calories	.60	Thiamin	.09 mg
Protein	3.1 g	Riboflavin	.03 mg
Carbohydrate	13.1 g	Niacin	.26 mg
Fat	0.3 g	Iron	.02 mg
Cholesterol	0	Calcium	32 mg
Vitamin A	82 IU	Phosphorus	66 mg
Vitamin C	1.2 mg	Potassium	189 mg
		Sodium	253 mg

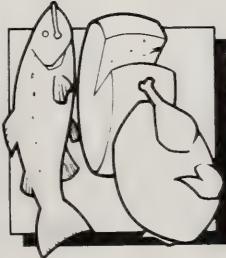
## **Preparation**

Heat and serve alone or use as directed in recipes.



# Facts About USDA Commodities

## Beans, White, Dry and Canned



### Ingredients

Navy (pea), small white, or Great Northern:

Dry beans

### Pack Size

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Cooked beans or opened canned beans may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Canned dried beans packed in brine  
Six No. 10 cans per case

Temperature  
Shelf life

Dry  
Canned

90 °F

40 °F

24 months  
72 months

70 °F

12 months  
36 months

90 °F

12 months  
18 months

9 months  
18 months

### Yield

One pound of dry Great Northern beans yields 25.5 1/4-cup servings of cooked beans. One pound of navy (pea) beans yields 23.9 1/4-cup servings of cooked beans.

One pound of dry beans equals about 2-1/4 cups dry or about 6 cups cooked beans.

### Storage

25-pound bag or 100-pound bag for processing

### Nutritional Value

A 1/4-cup serving of cooked navy beans with no added salt provides:

Calories . . . . .	55	Thiamin . . . . .	0.06 mg
Protein . . . . .	3.7 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	10 g	Niacin . . . . .	0.33 mg
Fat . . . . .	0.3 g	Iron . . . . .	1.3 mg
Cholesterol . . . . .	0	Calcium . . . . .	24 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	70 mg
Vitamin C . . . . .	0	Potassium . . . . .	198 mg
Sodium . . . . .	0	Sodium . . . . .	3 mg

Use cooked dry beans in soups, salads, or entrees. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

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## **Preparation**

*Dry beans:* Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

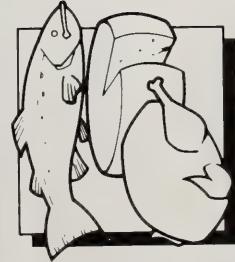
### **TO SOAK:**

*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking are not recommended.

*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### **TO COOK:**

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of Great Northern beans equals about 2-1/2 cups. One pound of Navy (pea) beans equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of beans. Cook for 1 to 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.



## Facts About USDA Commodities

# Beef, Canned with Natural Juices

### Ingredients

Beef with up to 1 percent salt added for flavor

### Pack Size

24 29-ounce cans per case

### Nutritional Value

One ounce of heated canned beef provides:

Calories . . . . .	65	Thiamin . . . . .	Trace
Protein . . . . .	7.1 g	Riboflavin . . . . .	0.06 mg
Carbohydrate . . . . .	0	Niacin . . . . .	1.07 mg
Fat . . . . .	3.7 g	Iron . . . . .	0.7 mg
Cholesterol . . . . .	26 mg	Calcium . . . . .	4 mg
Vitamin A . . . . .	1 IU	Phosphorus . . . . .	23 mg
Vitamin C . . . . .	0	Potassium . . . . .	73 mg
Sodium . . . . .	105 mg		

### Yield

One 29-ounce can provides 14.7 1-ounce servings of heated meat.

### Uses

Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecued beef, pizza, spaghetti sauce, and casseroles. Substitute canned beef for ground beef, beef cubes, or similar meats in recipes.

### Preparation

Canned beef may be chopped, cubed, ground, or sliced and used in recipes. When sliced the beef can be served cold, or can be heated and served hot.

### Storage

Store unopened canned beef off the floor in a cool, dry place. Store opened canned beef in a covered, nonmetallic container in the refrigerator. Use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	36 months	18 months

Place canned beef in refrigerator overnight before opening and slicing.

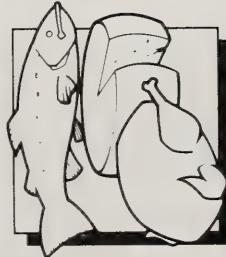
Chilling meat makes it easier to remove the fat from the meat. The natural juices from the beef can be used for part of the liquid required by many main dish and soup recipes.

Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid.



# Facts About USDA Commodities

## Beef, Ground, Frozen



### Ingredients

100 percent ground beef. Fat content ranges from 18 to 24 percent.

### Pack Size

36-pound case with four or six bags or casings weighing about 9 or 6 pounds each

### Nutritional Value

One ounce of ground beef (containing 24 percent fat), cooked, provides:

Calories	80	Thiamin	0.02 mg
Protein	6.9 g	Riboflavin	0.06 mg
Carbohydrate	0	Niacin	1.53 mg
Fat	5.8 g	Iron	0.6 mg
Cholesterol	24 mg	Calcium	2 mg
Vitamin A	0	Phosphorus	53 mg
Vitamin C	0	Potassium	87 mg
		Sodium	23 mg

### Yield

One pound of raw ground beef will provide 11.6 1-ounce servings of cooked meat.

### Uses

Serve ground beef as patties or use in combination dishes. For example: chili, country fried steak, meatloaf, pizza, spaghetti, and lasagna.

### Storage

Store frozen ground beef hard-frozen in original shipping container off the floor at 0 °F or below. Use within 9 months.

### Preparation

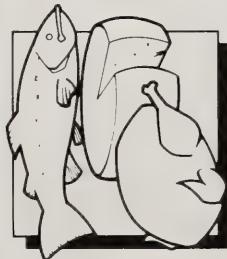
#### TO THAW:

Thaw only amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water. Remove from carton and thaw in original wrappings in refrigerator (35 to 40 °F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing, or 18 to 24 hours for thawing 12 to 15 pounds of ground beef.



# Facts About USDA Commodities

## Beef, Ground, Patties, Frozen



### Ingredients

Three-ounce ground beef patties  
(not exceeding 24 percent fat)  
One 3-ounce raw patty, when cooked without added salt,  
provides:

	Pack Size	Nutritional Value
	36-pound container of approximately 192 patties	
<b>Yield</b>	One pound yields about 5.3 3-ounce ground beef patties. Each 3-ounce raw meat patty yields about 2 ounces of cooked lean meat.	
<b>Uses</b>	Ground beef patties may be pan-fried or pan-broiled.	
		Calories . . . . . 165 Protein . . . . . 13.8 g Carbohydrate . . . . . 0 Fat . . . . . 11.7 g Cholesterol . . . . . 49 mg Vitamin A . . . . . 0 Vitamin C . . . . . 0
		Thiamin . . . . . 0.03 mg Riboflavin . . . . . 0.13 mg Niacin . . . . . 3.06 mg Iron . . . . . 1.2 mg Calcium . . . . . 4 mg Phosphorus . . . . . 107 mg Potassium . . . . . 175 mg Sodium . . . . . 45 mg

### Storage

Store ground beef patties hard-frozen in original  
shipping container off the floor at 0 °F or below. Use  
within 6 months.

### Preparation

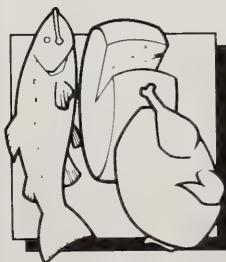
Beef patties should be cooked from the frozen state to  
prevent moisture loss. Partially thaw in refrigerator only  
until patties can be easily separated. Separate and place  
patties onto sheet pans. Avoid injury — do not separate  
with a knife or sharp-edged object.

Bake in deck or convection oven at 400 °F, 5 to 7  
minutes, or until brown and cooked throughout. Serve as  
soon as possible. Holding on a steamtable or in a  
holding cabinet will cause them to dry and toughen.



## Facts About USDA Commodities

# Beef Roast, Frozen, Ready to Cook



### Ingredients

Boneless chuck roll roasts, top round roasts, and round tip roasts. U.S. Choice grade or higher

### Pack Size

Frozen roasts, 5 to 12 pounds each. Only one type per 48- to 60-pound container

### Nutritional Value

A 1-ounce serving of roast beef (11 percent fat), cooked, provides:

Calories	75	Thiamin	0.02 mg
Protein	8.1 g	Riboflavin	0.05 mg
Carbohydrate	0	Niacin	1.59 mg
Fat	4.4 g	Iron	1.0 mg
Cholesterol	27 mg	Calcium	3 mg
Vitamin A	6 IU	Phosphorus	71 mg
Vitamin C	0	Potassium	91 mg
		Sodium	20 mg

### Yield

One pound of raw boneless beef roast provides 9.6 1-ounce servings of cooked beef.

### Uses

After roasting, portion and serve with natural juices. Slice thin for hot or cold roast beef sandwiches, or marinated salads. Cube beef and use in stews or stir-fry entrees.

### Preparation

Boneless beef roasts may be cooked after thawing or from the frozen state. Cooking roasts from the frozen state eliminates thawing and unnecessary handling but requires additional cooking time.

### Storage

Store frozen roasts at 0 °F or below and off the floor in the original shipping containers. Use within 12 months of pack date. Hold thawed beef roasts no longer than 24 hours before cooking. Cooked beef roasts should be refrigerated and used within 5 days.

### Handle Beef Roasts Properly to Avoid Spoilage or Food Poisoning.

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**TO THAW:**

Remove packages of beef roasts from shipping containers and place them in single layers on sheet pans or trays spaced on shelves to allow air to circulate in refrigerator. Allow 1 to 2 days to thaw completely. Thaw only amount needed for 1 day's use. Avoid leftovers.

Cook beef roasts within 24 hours after thawing.

**DO NOT THAW AT ROOM TEMPERATURE OR IN WATER AND DO NOT REFREEZE.**

**TO ROAST:**

Place roasts fat side up in roasting pan. Do not cover or add water. Insert thermometer in center part of roast away from bone. (If cooked from the frozen state, roast for 1 hour, then insert thermometer.)

Roast at 325 °F in a conventional oven. Cook to an internal temperature of 160 °F.

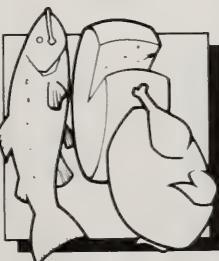
Length of time for cooking varies due to size, weight, shape, and meat cut used. In general, thawed cuts of meat require 28 minutes per pound; frozen cuts require 32 minutes per pound.

Cool 20-30 minutes before slicing.

For "well done" meat, roast to an internal temperature of 170 °F. Longer cooking time results in a lower yield and less juicy meat.

# Facts About USDA Commodities

## Cheese, American Pasteurized Process



### Ingredients

Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.

### Pack Size

Six 5-pound loaves

Freezing cheese is not recommended because texture may become stringy or crumbly. If necessary to freeze, separate the cheese into individual 5-pound loaves in order to freeze quickly. Freeze for only a few months. Thaw slowly by putting the cheese directly into the refrigerator from the freezer. Thaw in the original wrappings.

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Serve as is, in sandwiches, with fruit, and in cooked dishes such as sauces, casseroles, or breads; or as a garnish for salads or other foods.

### Storage

Refrigerate cheese in the original container until ready to use. Cheese may be stored for at least 1 year at a constant 32 °F in its original pack.

If the original wrap is removed, rewrap cheese tightly with plastic film wrap without airpockets. When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

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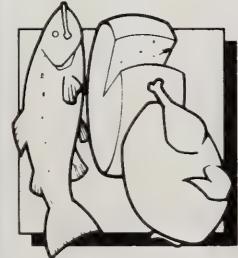
## ***Nutritional Value***

One ounce of pasteurized process American cheese provides:

Calories .....	105	Thiamin .....	0.01 mg
Protein .....	6.3 g	Riboflavin .....	0.10 mg
Carbohydrate .....	0.4 g	Niacin .....	0.02 mg
Fat .....	8.9 g	Iron .....	0.1 mg
Cholesterol .....	27 mg	Calcium .....	175 mg
Vitamin A .....	343 IU	Phosphorus .....	211 mg
Vitamin C .....	0	Potassium .....	46 mg
		Sodium .....	406 mg

## ***Preparation***

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good slicing and melting properties. Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily immediately after being removed from refrigeration. Once frozen, cheese is best used shredded or diced. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.



## Facts About USDA Commodities Cheese, Cheddar

### Ingredients

Cow's milk with salt. Enzymes and artificial coloring may be added.

### Pack Size

40-pound block

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Serve cheddar cheese as is with fruit, in sandwiches, and as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes, or breads.

If the original wrap is removed, rewrap cheese tightly with plastic film wrap without airpockets. When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

### Nutritional Value

One ounce of cheese provides:

Calories	115	Thiamin	0.01 mg
Protein	7.1 g	Riboflavin	0.11 mg
Carbohydrate	0.4 g	Niacin	0.02 mg
Fat	9.4 g	Iron	0.2 mg
Cholesterol	30 mg	Calcium	204 mg
Vitamin A	300 IU	Phosphorus	145 mg
Vitamin C	0	Potassium	28 mg
		Sodium	176 mg

### Storage

Refrigerate cheese in the original container until ready to use. Cheese may be stored for at least 1 year at a constant 32 °F in its original pack.

Freezing cheese is not recommended because texture may become stringy or crumbly. If necessary to freeze, separate the cheese into individual 5-pound loaves in order to freeze quickly. Freeze for only a few months. Thaw frozen cheese in the refrigerator in the original wrappings.

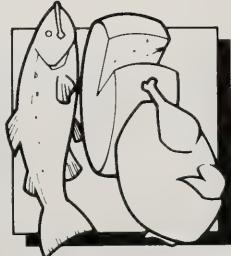
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## ***Preparation***

To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box.

Cheese at 70 to 80 °F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife.

Previously frozen cheese should only be shredded or diced. Cook all dishes containing cheese at low temperature since cheese toughens and becomes rubbery and stringy at high temperature. When used for garnish or flavor, add cheese just before food is removed from the heat.



## Facts About USDA Commodities **Cheese, Mozzarella**

### Ingredients

Low-moisture, part-skim mozzarella cheese

### Pack Size

Various Sizes:  
10 4-pound,  
6 5-pound,  
10 5-pound,  
12 5-pound,  
8 6-pound,  
10 6-pound, or  
3 22-pound  
loaves

**Pack Size**  
When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

### Yield

One pound of cheese yields 16 1-ounce servings.

### Uses

Mozzarella cheese may be eaten as is with fruit, in sandwiches, or in cooked dishes such as lasagna and pizza. It may be used as a garnish for salads or other foods.

### Storage

Store frozen mozzarella in the original container off the floor at 0 °F. Use within 1 year of pack date.

Thaw frozen cheese in the refrigerator in the original wrappings. If the original wrap is removed, rewrap cheese tightly with plastic film wrap without air pockets.

**Pack Size**  
When cheese is exposed to air, molding and dehydration may occur. To protect cheese from mold, always work with it in a clean area.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30 to 35 °F for 3 to 4 weeks.

### Nutritional Value

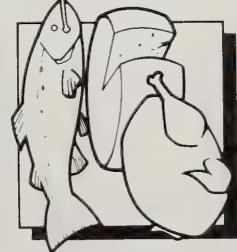
One ounce of mozzarella cheese, low-moisture and part-skim, provides:

Calories . . . . .	70	Thiamin . . . . .	Trace
Protein . . . . .	6.9 g	Riboflavin . . . . .	0.09 mg
Carbohydrate . . . . .	0.8 g	Niacin . . . . .	0.03 mg
Fat . . . . .	4.5 g	Iron . . . . .	0.1 mg
Cholesterol . . . . .	16 mg	Calcium . . . . .	183 mg
Vitamin A . . . . .	166 IU	Phosphorus . . . . .	131 mg
Vitamin C . . . . .	0	Potassium . . . . .	24 mg
		Sodium . . . . .	132 mg

### Preparation

Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily immediately after being removed from refrigeration. Dishes containing cheese should be cooked at low temperatures since cheese toughens and gets stringy at high temperatures.





## Facts About USDA Commodities

# Chicken, Canned with Natural Juices

### Ingredients

Not less than 89 percent chicken; not more than 10 percent chicken broth; up to 1 percent salt added for flavor

### Pack Size

24 29-ounce cans per case

### Nutritional Value

One ounce of heated canned chicken provides:	
Calories . . . . .	50
Protein . . . . .	6.2 g
Carbohydrate . . . . .	0
Fat . . . . .	2.2 g
Cholesterol . . . . .	18 mg
Vitamin A . . . . .	33 IU
Vitamin C . . . . .	0.6 mg
Sodium . . . . .	143 mg
Thiamin . . . . .	Trace
Riboflavin . . . . .	0.04 mg
Niacin . . . . .	1.80 mg
Iron . . . . .	0.4 mg
Calcium . . . . .	4 mg
Phosphorus . . . . .	32 mg
Potassium . . . . .	39 mg

### Yield

One 29-ounce can will provide 20.8 1-ounce servings of heated chicken.

### Uses

Canned chicken is fully cooked during processing and may be used in main dishes, such as chicken salad, barbecued chicken, and creamed chicken, or in chicken noodle soup.

### Storage

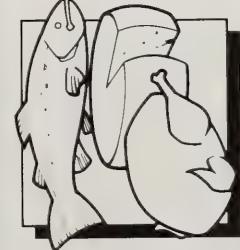
Store unopened cans off the floor in a cool, dry place. Store opened chicken covered, in a nonmetallic container, in the refrigerator and use within 5 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	36 months	18 months

### Preparation

Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. Using a can opener, remove both the bottom and top lids of the can and push the chicken through with the bottom lid. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy. Use the natural juices from the chicken for part of the liquid in many main dish and soup recipes.





# Facts About USDA Commodities

## Chicken, Cut-Up, Frozen

### Ingredients

Chicken parts from broilers or fryers cut into 8 or 9 pieces. Weight of chicken is 2-1/2 to 3-1/4 pounds without neck and giblets. Wings may be replaced with other parts.

### Pack Size

40-pound carton with parts packed in three layers or bags

FROZEN, CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

### Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered.

- Thaw only the amount needed for 1 day's use. Avoid leftovers.

- Thaw in refrigerator (35 to 40 °F) overnight on sheet pans.

- If accidentally thawed, cook promptly.

- Do not thaw at room temperature or in water. Do not refreeze.

### Storage

Store chicken hard-frozen in original shipping container off the floor at 0 °F or below. Use within 8 months.

- After thawing, wash thoroughly in cold water. Drain.

- Cook promptly or refrigerate and cook within 24 hours after thawing.

- Do not partially cook one day and finish cooking the next.

### Nutritional Value

One ounce of chicken flesh and skin, roasted without added salt, provides:

Calories . . . . .	70	Thiamin . . . . .	0.01 mg
Protein . . . . .	7.7 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	0	Niacin . . . . .	2.41 mg
Fat . . . . .	3.9 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	25 mg	Calcium . . . . .	4 mg
Vitamin A . . . . .	34 IU	Phosphorus . . . . .	52 mg
Vitamin C . . . . .	0	Potassium . . . . .	63 mg
		Sodium . . . . .	23 mg

- Serve promptly. Refrigerate any leftovers and use within 2 days.

- Sort pieces so that pieces of similar size are cooked together.

- Chicken is done when juices from thickest parts are clear with no pink color.

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## **Yield**

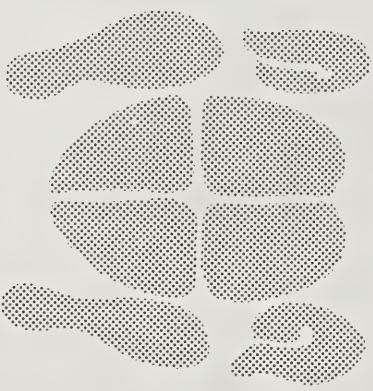
One 40-pound box provides:

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### **8-piece cut:**

Between 73 and 96 servings (98 to 128 pieces, depending on size of chickens used) of at least 2 ounces of cooked chicken.

A serving of at least 2 ounces of cooked chicken consists of 1 breast half with back, or 1 thigh with back, or 1 drumstick and 1 wing.

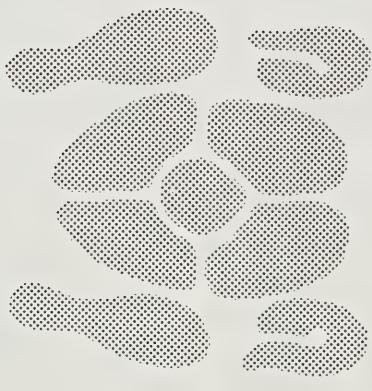


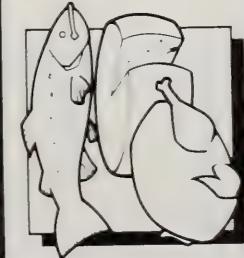
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### **9-piece cut:**

Between 86 and 112 servings (110 to 144 pieces, depending on size of chickens used) of at least 2 ounces of cooked chicken.

A serving of at least 2 ounces of cooked chicken consists of 1 breast portion with back section, or 1 breast portion without back section, or 1 thigh with back, or 1 drumstick and 1 wing.





## Facts About USDA Commodities **Chicken, Thighs and Drumsticks, Frozen**

### Ingredients

Thighs and drumsticks from young broiler/fryer chickens, U.S. Grade A

### Pack Size

40-pound carton containing approximately 82 thighs and 82 drumsticks

### Nutritional Value

One ounce of chicken thigh with skin, roasted with no added salt, provides:

Calories	70	Thiamin	0.02 mg
Protein	7.1 g	Riboflavin	0.05 mg
Carbohydrate	0	Niacin	1.80 mg
Fat	4.4 g	Iron	0.4 mg
Cholesterol	26 mg	Calcium	3 mg
Vitamin A	35 IU	Phosphorus	49 mg
Vitamin C	0	Potassium	63 mg
		Sodium	24 mg

### Yield

Thighs weigh between 3.0 and 5.8 ounces; average is about 4.0 ounces. One 4.0-oz thigh yields about 2.1 ounces of cooked poultry.

Drumsticks weigh between 2.3 and 4.5 ounces with average about 3.7 ounces. One 3.7-oz drumstick yields about 1.8 ounces of cooked poultry.

### Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered.

### Storage

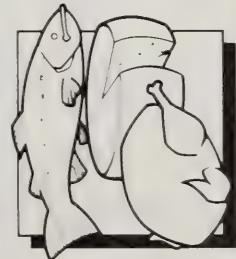
Store chicken hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 8 months.

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## ***Preparation***

**FROZEN, CUT-UP CHICKEN MUST BE PROPERLY  
HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD  
POISONING.**

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (35 to 40 °F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.
- Sort pieces so that pieces of similar size are cooked together.
- Chicken is done when juices from thickest parts are clear with no pink color.



# Facts About USDA Commodities **Chicken Parts, Cooked, Batter / Breaded, Frozen**

## **Ingredients**

Cooked, batter/breaded, frozen parts from chickens weighing 2-1/2 to 3-1/4 pounds without necks and giblets (9-piece cut). Batter/breading (not to exceed 22 percent) consists of enriched flour, salt, spices, and other seasonings.

## **Pack Size**

30-pound case

## **Nutritional Value**

One batter/breaded fried breast portion without back (about 3.7 ounces edible portion), cooked, provides:

Calories	273	Thiamin	0.10 mg
Protein	26 g	Riboflavin	0.12 mg
Carbohydrate	9 g	Niacin	11.04 mg
Fat	13 g	Iron	1.4 mg
Cholesterol	89 mg	Calcium	21 mg
		Phosphorus	194 mg
Vitamin A	53 IU	Potassium	211 mg
Vitamin C	0	Sodium	288 mg

## **Yield**

One 30-pound box provides between 65 and 84 servings (83 to 108 pieces depending on size of chickens used) of at least 2 ounces of cooked chicken. A serving consists of 1 breast portion with back (1-1/2 servings of bread), or 1 breast portion without back (1 bread), or 1 thigh with back (2 breads), or 1 drumstick (1 bread) and 1 wing (3/4 bread).

## **Uses**

Chicken parts are ready to heat and serve.

## **Storage**

Store chicken parts hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 4 months. Refrigerate cooked (heated) pieces and use within 2 days.

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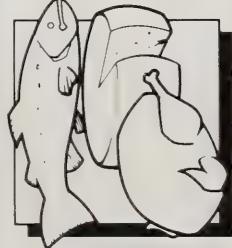
## ***Preparation***

FROZEN CHICKEN PARTS MUST BE PROPERLY  
HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD  
POISONING.

CHICKEN SHOULD NOT BE THAWED BEFORE  
HEATING. If parts accidentally thaw before heating, heat  
promptly. Do not refreeze.

### ***TO HEAT:***

Place frozen chicken parts in a single layer on sheet  
pans. Heat thoroughly in a preheated oven, approximately  
1 hour in a 450 °F deck oven or approximately 35  
minutes in a 350 °F convection oven, or until crisp and  
golden. Drumsticks and wings may be heated in  
separate pans since they require less time to heat.



## Facts About USDA Commodities **Egg Mix, Dried**

### Ingredients

Dried whole egg solids, not less than 51 percent; nonfat dry milk solids, not less than 30 percent; vegetable oil (corn oil or soybean oil or cottonseed oil), not less than 15 percent; iodized salt, not more than 1 percent. The moisture content is not more than 3 percent.

### Pack Size

Four 10-pound polyethylene bags

**Storage**  
Store unused portion in the refrigerator, either in the resealable bag or in a tightly closed container.

**NOTE:** The dried egg mix has been pasteurized in accordance with USDA requirements. It has been tested and found to be salmonella negative.

### Nutritional Value

One ounce of dried egg mix (equivalent to one large egg) provides:

Calories . . . . .	160	Thiamin . . . . .	0.08 mg
Protein . . . . .	10.0 g	Riboflavin . . . . .	0.33 mg
Carbohydrate . . . . .	5.3 g	Niacin . . . . .	0.12 mg
Fat . . . . .	10.6 g	Iron . . . . .	1.2 mg
Cholesterol . . . . .	291 mg	Calcium . . . . .	141 mg
Vitamin A . . . . .	504IU	Phosphorus . . . . .	190 mg
Vitamin C . . . . .	0.5 mg	Potassium . . . . .	225 mg
Sodium . . . . .	237 mg		

### Yield

One pound (about 4-1/8 cups) of dried egg mix yields 16 servings of one large egg each. One hundred servings require 6.25 pounds of dried egg mix. Twelve ounces (3-1/8 cups) of dried egg mix and 3 cups water are equivalent to 12 (one dozen) large eggs.

### Uses

Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles, or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. Do not use dried egg mix in egg-milk drinks, ice cream, or uncooked salad dressings.

### Storage

Store unopened bags of dried egg mix in a cool, dry place. Use within 12 to 15 months.

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## ***Preparation***

HANDLE DRIED EGG MIX PROPERLY TO AVOID  
SPOILAGE OR FOOD POISONING.

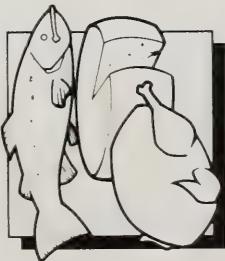
### ***TO RECONSTITUTE:***

Sift dried egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended.

Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately. Weigh the dried egg mix or sift and measure.

Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.

## Facts About USDA Commodities



# Fish Nuggets, Fried, Frozen (Alaska Pollock)

### Ingredients

At least 60 percent Alaska Pollock (pieces of whole fish flesh, not ground) formed from natural fillets, fillet pieces, or blocks; coated with enriched commercial flour-based batter/breading; flash-fried until coating is set and brown. Fish remains chilled and uncooked.

### Yield

The frozen fried Alaska Pollock fish nuggets weigh a minimum of 0.8 ounce each. Five of these fish nuggets provide the equivalent of one 2-ounce serving of cooked fish and 2-1/4 servings of bread.

### Pack Size

Four 10-pound bags per carton (approximately 750 nuggets per carton)

### Nutritional Value

A serving of five fish nuggets (0.8 oz each), cooked, provides:

Calories	290	Thiamin	0.12 mg
Protein	18.3 g	Riboflavin	0.15 mg
Carbohydrate	22.9 g	Niacin	2.29 mg
Fat	13.4 g	Iron	1.7 mg
Cholesterol	121 mg	Calcium	54 mg
Vitamin A	85 IU	Phosphorus	199 mg
Vitamin C	trace	Potassium	312 mg
		Sodium	558 mg

### Uses

The fish nuggets are ready for oven-cooking, straight from the freezer. After cooking, the nuggets can be served plain or with a sauce or dip.

### Storage

Store the frozen fried fish nuggets hard frozen in the original shipping container off the floor at 0 °F or below. Use within 9 - 10 months.

### Preparation

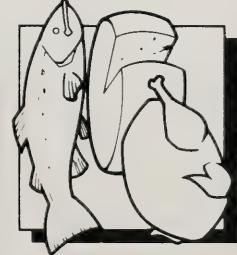
FROZEN FRIED ALASKA POLLOCK FISH NUGGETS  
MUST BE PROPERLY HANDLED TO AVOID SPOILAGE  
OR SERIOUS FOOD POISONING.

NUGGETS SHOULD NOT BE THAWED BEFORE  
HEATING. If nuggets accidentally thaw, cook  
immediately. *Do not refreeze.*

Place frozen nuggets in a single layer on sheet pans.  
Cook in a preheated oven at 425 °F; in a conventional  
oven for 16 to 19 minutes or in a convection oven for 13  
to 15 minutes. Serve promptly.

Serve with barbecue sauce, salsa, sweet and sour  
sauce, yogurt, or tartar sauce.





## Facts About USDA Commodities

# Peanut Butter, Smooth or Crunchy

### Ingredients

Peanut Butter. U.S. Grade A, finely ground with a smooth texture. If chunky style, the texture is grainy with particles of peanuts.

### Yield

One No. 10 can (108 oz) will yield about 97.5 2-tablespoon servings.

### Uses

Serve peanut butter in sandwiches and baked items.

### Storage

Store peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. Keep opened cans of peanut butter covered in refrigerated storage. Rotate use. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

### Pack Size

Six No. 10 cans per case

### Nutritional Value

Two tablespoons of peanut butter provide:

Calories	190	Thiamin	0.05 mg
Protein	9.1 g	Riboflavin	0.03 mg
Carbohydrate	5.1 g	Niacin	4.30 mg
Fat	16.4 g	Iron	0.6 mg
Cholesterol	0	Calcium	11 mg
Vitamin A	0	Phosphorus	120 mg
Vitamin C	0	Potassium	219 mg
		Sodium	150 mg

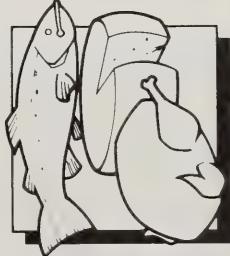
### Preparation

Peanut butter can be used to flavor pies, cakes, and cookies. Add peanut butter to batter for flavorful biscuits. Blend peanut butter and milk to make a vegetable sauce or peanut soup. Mix peanut butter with pudding, or with chocolate sauce as a topping for ice cream and desserts.



# Facts About USDA Commodities

## Peanuts, Roasted, Shelled and Peanut Granules



### Ingredients

Roasted peanuts (shelled) unsalted, of the Virginia, runner, or Spanish variety. Peanut granules are chopped roasted peanuts.

### Yield

One No. 10 can (56 oz) of peanut granules or 1 No. 10 can (64 oz) of roasted peanuts equals 11.9 cups of nuts.

### Uses

Serve roasted peanuts and peanut granules plain or add to casseroles, stuffings, muffins, baked items, salads, and desserts.

### Storage

Store unopened cans of peanuts in cool, dry place. After opening, keep peanuts covered in the refrigerator and use as soon as possible. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	60 months	24 months	12 months

### Nutritional Value

One ounce of shelled, chopped roasted peanuts provides:

### Pack Size

Six No. 10 cans per case

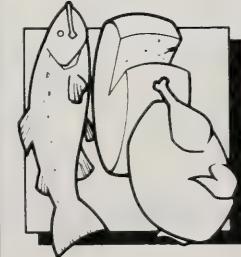
Calories	165	Thiamin	0.08 mg
Protein	7.6 g	Riboflavin	0.03 mg
Carbohydrate	5.2 g	Niacin	4.20 mg
Fat	13.9 g	Iron	0.5 mg
Cholesterol	0	Calcium	24 mg
Vitamin A	0	Phosphorus	143 mg
Vitamin C	0	Potassium	199 mg
Sodium	4 mg		

### Preparation

Use roasted peanuts in granola bars and cereal, combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes, and desserts or use in stuffing for chicken, turkey, or pork. Roasted peanuts can be chopped into peanut granules. Add to vegetable and rice dishes or use as a coating for chicken. Add to cakes, cookies, and frostings or use as a garnish over casseroles, pudding, gelatin, or ice cream.

NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.





## Facts About USDA Commodities

# Peas or Beans, Blackeye, Dry and Canned

### Ingredients

Seeds of blackeye peas, dried

Canned blackeye beans packed in  
brine

### Yield

One pound of dry blackeye beans yields 28.3 1/4-cup  
servings of cooked beans. One No. 10 can of blackeye  
beans (105 oz) yields 43 1/4-cup servings of heated  
drained beans. One can equals approximately 72 oz  
(11-3/8 cups) of drained beans.

### Pack Size

25-pound bag

Six No. 10 cans  
per case

### Storage

Store dry and canned blackeyes off the floor in a cool,  
dry place. High temperatures cause hardening of dry  
blackeyes; high humidity may cause molding. Cooked  
blackeyes may be refrigerated up to 2 days in a covered,  
nonmetallic container. The chart shows maximum  
storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life			
Dry	24 months	12 months	9 months
Canned	72 months	36 months	18 months

### Uses

Blackeyes may be used in bean salads, soups, chili,  
entrees, or as a vegetable. Serve blackeyes with pork or  
chicken. Canned blackeyes may be substituted for  
cooked dry blackeyes in any recipe. Some or all of the  
salt in the recipe should be omitted when canned beans  
are used in place of cooked dry beans.

### Nutritional Value

A 1/4-cup serving of cooked, drained, dry blackeyes with  
no added salt provides:

Calories	50	Thiamin	0.09 mg
Protein	3.2 g	Riboflavin	0.02 mg
Carbohydrate	8.6 g	Niacin	0.25 mg
Fat	0.2 g	Iron	0.8 mg
Cholesterol	0	Calcium	11 mg
Vitamin A	5 IU	Phosphorus	59 mg
Vitamin C	0	Potassium	143 mg
		Sodium	5 mg

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## ***Preparation***

*Dry beans:* Sort beans to remove foreign matter, and rinse in cold water.

Soaking shortens cooking time and insures that the beans will hold their shape.

### **TO SOAK:**

*Overnight Method:* Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods of soaking are not recommended.

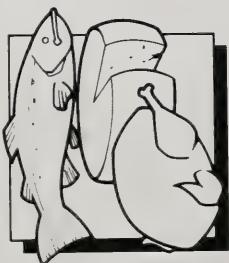
*Quick-Soak Method:* Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### **TO COOK:**

Use approximately 1-3/4 quarts boiling water for each pound of beans. One pound of blackeyes equals about 2-3/4 cups. Add 1/2 teaspoon salt for every pound of beans. Cook for approximately 1/2 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

# Facts About USDA Commodities

## Peas, Split, and Lentils, Dry



### Ingredients

Dry split peas of the yellow or green variety

### Pack Size

25-pound bag

### Nutritional Value

A 1/4-cup serving of cooked split peas with no added salt provides:

Lentils	Calories . . . . .	60	Thiamin . . . . .	0.07 mg
	Protein . . . . .	4.0 g	Riboflavin . . . . .	0.04 mg
	Carbohydrate . . . . .	10.4 g	Niacin . . . . .	0.45 mg
	Fat . . . . .	0.2 g	Iron . . . . .	0.8 mg
	Cholesterol . . . . .	0	Calcium . . . . .	6 mg
	Vitamin A . . . . .	15 IU	Phosphorus . . . . .	44 mg
	Vitamin C . . . . .	0	Potassium . . . . .	148 mg
	Sodium . . . . .	6 mg	Sodium . . . . .	6 mg

### Yield

One pound of split peas yields 23.1 1/4-cup servings of cooked peas. One pound of lentils yields 29.6 1/4-cup servings of cooked lentils.

### Uses

Use cooked dry split peas and lentils in soups, salads, casseroles, and entrees; or as meat extenders. Lentils are ready to eat after cooking. Season with butter, herbs, or spices.

### Storage

Store dry split peas and lentils in a cool, dry place. High temperatures cause peas and lentils to harden and high humidity causes molding. Cooked split peas and lentils may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	9 months

Calories . . . . .	55	Thiamin . . . . .	0.03 mg
Protein . . . . .	3.9 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	9.6 g	Niacin . . . . .	0.30 mg
Fat . . . . .	0	Iron . . . . .	1 mg
Cholesterol . . . . .	0	Calcium . . . . .	12 mg
Vitamin A . . . . .	8 IU	Phosphorus . . . . .	60 mg
Vitamin C . . . . .	0	Potassium . . . . .	124 mg
Sodium . . . . .	0	Sodium . . . . .	6 mg

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## ***Preparation***

### **TO COOK DRY SPLIT PEAS:**

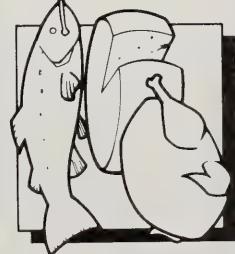
Cook dry split peas without soaking *OR* add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak 1/2 hour.

Use approximately 1-1/4 quarts boiling water for each pound of split peas. One pound of split peas equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of split peas. Cook for approximately 20 minutes. Cook split peas in small batches to retain their shape and to avoid mashing. Drain and use in recipes.

### **TO COOK LENTILS:**

Cook lentils without soaking. Use approximately 1-3/4 quarts boiling water for each pound of lentils. One pound of lentils equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of lentils. Cook for approximately 1/2 hour. Drain; use in recipes or serve.

Use dry split peas and lentils as meat extenders: To provide 100 2-oz servings, combine 16 pounds of ground beef with 3/4 pound pureed lentils or combine 15 pounds of ground beef with 1-1/2 pounds of pureed split peas and add tomato sauce.



## Facts About USDA Commodities

# Pork, Canned with Natural Juices

### Ingredients

Pork with up to 1 percent salt added for flavor

### Pack Size

24 29-ounce (No. 2-1/2) cans per case

### Nutritional Value

A 1-ounce portion of cooked pork provides:

Calories	70	Thiamin	0.16 mg
Protein	7.2 g	Riboflavin	0.08 mg
Carbohydrate	0	Niacin	1.22 mg
Fat	4.2 g	Iron	0.4 mg
Cholesterol	28 mg	Calcium	2 mg
Vitamin A	Trace	Phosphorus	66 mg
Vitamin C	0	Potassium	100 mg
		Sodium	126 mg

### Yield

One 29-ounce can will provide 14.7 1-ounce portions of heated meat.

### Uses

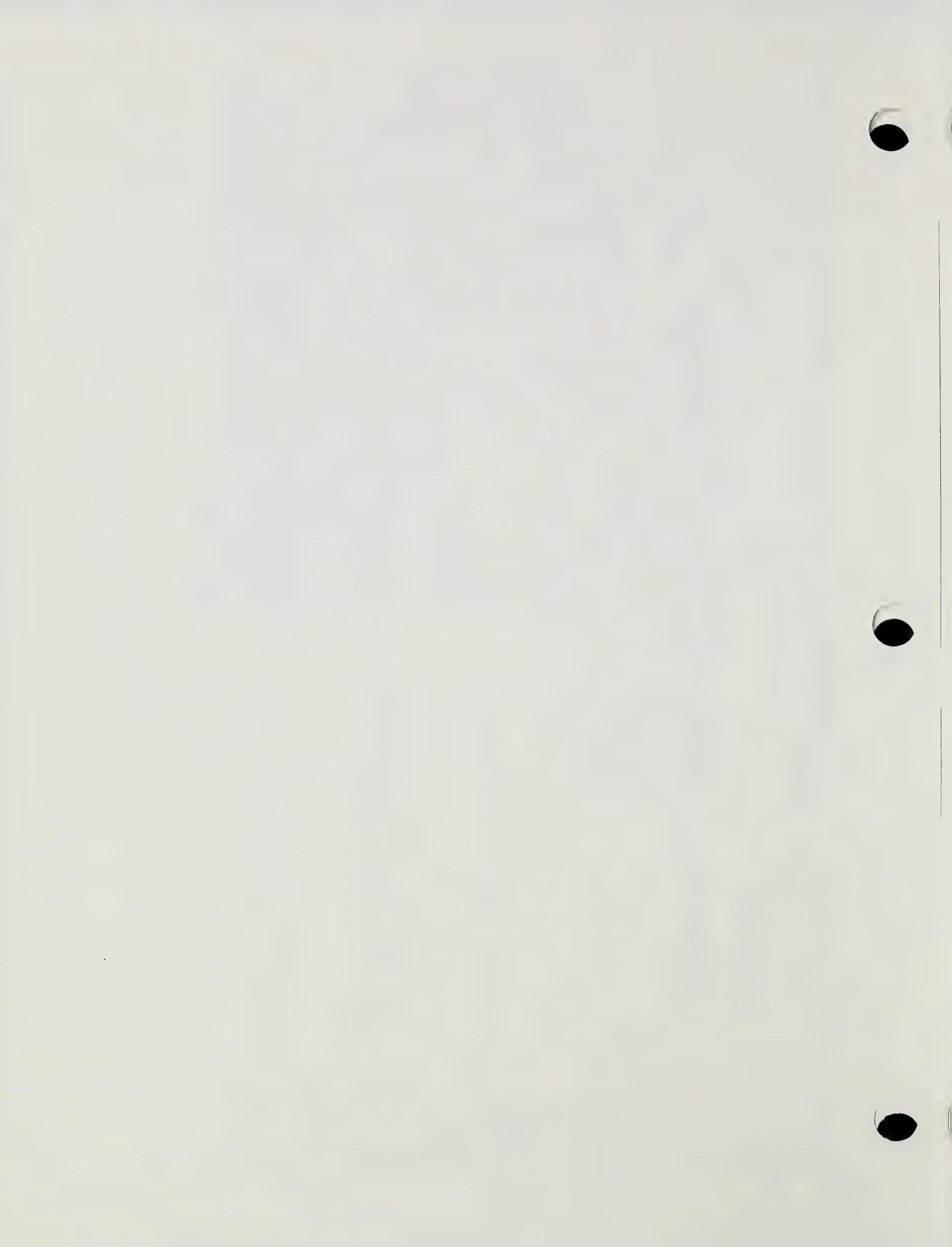
Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecued pork, pizza, spaghetti sauce, and casseroles.

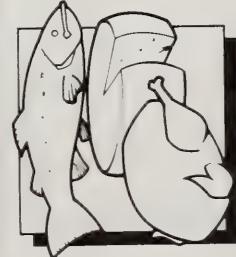
### Storage

Store unopened canned pork off the floor in a cool, dry place. Store opened pork up to 5 days in the refrigerator in a covered, nonmetallic container.

### Preparation

Place canned pork in refrigerator overnight. Chilling meat in container will permit easier removal of fat from meat. Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid. The natural juices from the pork can be used for part of the liquid required by any main dish or soup recipe.





## Facts About USDA Commodities **Pork, Ground, Frozen**

### Ingredients

Ground pork. Average fat content does not exceed 24 percent.

### Pack Size

36-pound case of four or six blocks or casings weighing 9 or 6 pounds each

### Yield

One pound of cooked ground pork will provide 11.6 1-ounce servings of meat.

### Nutritional Value

One ounce of cooked ground pork provides:

Calories	85	Thiamin	0.16 mg
Protein	6.9 g	Riboflavin	0.06 mg
Carbohydrate	0	Niacin	1.70 mg
Fat	6.3 g	Iron	0.3 mg
Cholesterol	27 mg	Calcium	2 mg
Vitamin A	1 IU	Phosphorus	68 mg
Vitamin C	0	Potassium	88 mg
		Sodium	16 mg

### Uses

Serve ground pork alone as patties or use in combination dishes. For example: chili, meatloaf, pizza, spaghetti, and lasagna. Ground pork may be used in combination with ground beef.

### Preparation

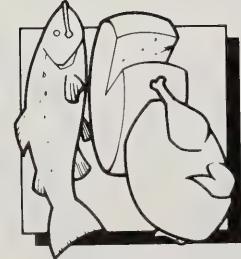
#### TO THAW:

Thaw only the amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water. Remove from carton and thaw in original wrappings in refrigerator (35 to 40 °F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing. Cook ground pork within 24 hours after thawing. Do not refreeze. Cook at low to moderate heat until fully cooked.

### Storage

Store frozen ground pork in original shipping containers off the floor at 0 °F or below. Use within 9 months.





## Facts About USDA Commodities **Salmon, Pink, Canned**

### Ingredients

Pink salmon in oil with salt added

### Pack Size

48 15-1/2-ounce cans per case or six 64-ounce cans per case

### Nutritional Value

One ounce of canned pink salmon plus liquid provides:

Calories	40	Thiamin	0.01 mg
Protein	5.8 g	Riboflavin	0.05 mg
Carbohydrate	0	Niacin	2.27 mg
Fat	1.7 g	Iron	0.2 mg
Cholesterol	10 mg	Calcium	56 mg
Vitamin A	20 IU	Phosphorus	81 mg
Vitamin C	0	Potassium	102 mg
		Sodium	110 mg

\*Includes bones. If bones are removed calcium content is reduced.

Canned pink salmon is ready to serve in salads, sandwiches, and main dishes.

### Storage

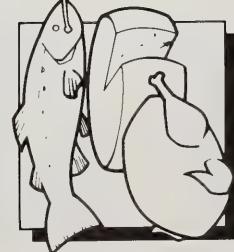
Store unopened canned pink salmon off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the salmon. Store opened pink salmon under refrigeration, covered, in a nonmetallic container, and use within 24 hours. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Preparation

All canned salmon contains bones. The bones soften during processing and are edible. Use in recipes specifying canned salmon.





## Facts About USDA Commodities **Tuna, Chunk Light, Canned in Water**

### **Ingredients**

Chunk light tuna in water (salt added)

### **Pack Size**

Six 66-1/2-ounce cans per case

### **Nutritional Value**

One ounce of chunk light tuna in water (drained) provides:

### **Yield**

One 66-1/2-ounce can of tuna provides 51 2 1-ounce servings of fish. One can equals approximately 51 ounces of drained tuna.

### **Uses**

Tuna is thoroughly cooked during processing. Serve as is or heated. Use tuna in salads, sandwiches, or main dishes.

### **Storage**

Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage at different temperatures.

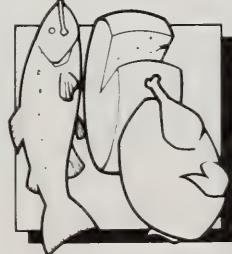
Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### **Preparation**

Chunk light tuna (small bite-size pieces of fish) is made from the skipjack, yellowfin, or bluefin varieties of tuna. The meat is light to dark in color and full in flavor.

Use in recipes specifying canned tuna.





# Facts About USDA Commodities

## Turkey, Whole, Frozen

### Ingredients

Fresh frozen ready-to-cook young turkeys without necks and giblets; may or may not be basted

### Pack Size

Four hens per container, each weighing 10 pounds or more;  
or  
Two toms per container, each weighing 15 to 22-1/2 pounds

### Nutritional Value

One ounce of roasted turkey, with skin and no added salt, provides:

Calories	60	Thiamin	0.01 mg
Protein	8.0 g	Riboflavin	0.04 mg
Carbohydrate	0	Niacin	1.44 mg
Fat	2.8 g	Iron	0.5 mg
Cholesterol	23 mg	Calcium	7 mg
Vitamin A	0	Phosphorus	58 mg
Vitamin C	0	Potassium	79 mg
Sodium	19 mg		

### Yield

One pound of turkey yields 8.4 1-ounce portions of cooked turkey with skin; or 7.5 1-ounce portions without skin.

### Uses

Whole ready-to-cook turkey may be roasted or braised.

### Storage

Store whole ready-to-cook turkeys hard-frozen in original shipping containers off the floor at 0 °F or below. Use within 9 months.

(Continued on back)

## **Preparation**

FROZEN, READY-TO-COOK TURKEY MUST BE  
HANDLED PROPERLY TO AVOID SPOILAGE OR  
SERIOUS FOOD POISONING.

### **TO THAW:**

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (35 to 40 °F) in original plastic wrappers until poultry is pliable. Allow time as follows: 18 lb and over, 2 to 3 days; under 18 lb, 1 to 2 days.
- Do not thaw at room temperature or in water.
- Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.

Table surface and equipment used to prepare whole turkey should be thoroughly cleaned and sanitized before being used to handle cooked foods.

Do not stuff turkey; bake stuffing separately.

### **TO ROAST:**

Place whole turkeys in shallow roasting pans, breast side up. Insert a meat thermometer into the center of the meaty part of the inner side of the thigh (toward the body). Insert thermometer into the center of the thickest part of the breast or thigh piece. Be sure thermometer does not touch bone.

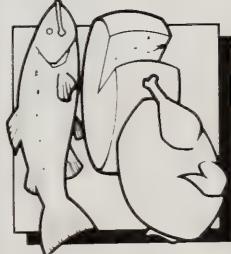
Roast at 325 °F. When turkey is half done, release legs to speed cooking. Use the table below as a guide to cooking time.

#### *Approximate Weight*

#### *Cooking Time*

12 to 16 lb	3-1/2 to 4-1/2 hours
16 to 21 lb	4-1/2 to 6 hours
21 to 26 lb	6 to 7-1/2 hours

Turkey is done when the thermometer registers 180 to 185 °F, juice from turkey is clear with no pink color, drumstick meat is soft, and leg joint moves easily.



## Facts About USDA Commodities

# Turkey Roasts, Frozen, Ready to Cook

### Ingredients

Deboned turkey meat and skin, U.S. Grade A, with water, salt, and sodium phosphates added. (At least 45 percent breast meat, with a maximum of 34 percent thigh meat and 12.5 percent skin)

### Pack Size

Four frozen roasts, 8 to 12 pounds each, per container. The roasts in one container will not vary more than 2 pounds per roast. Each roast will be 9 to 17 inches in length and 4 to 7 inches in diameter and will be tied or placed in cotton netting.

### Storage

Store uncooked roasts hard-frozen, in original shipping containers, off the floor at 0 °F or below. Use within 7 months of pack date. Do not hold thawed turkey roasts for longer than 24 hours before cooking. Cooked turkey should be refrigerated and used within 2 days.

### Nutritional Value

A 1-ounce serving of cooked turkey roast, light and dark meat, lightly seasoned, provides:

Calories . . . . .	45	Thiamin . . . . .	0.01 mg
Protein . . . . .	6.0 g	Riboflavin . . . . .	0.04 mg
Carbohydrate . . . . .	0.9 g	Niacin . . . . .	1.78 mg
Fat . . . . .	1.6 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	15 mg	Calcium . . . . .	1 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	69 mg
Vitamin C . . . . .	0	Potassium . . . . .	84 mg
		Sodium . . . . .	193 mg

### Yield

One pound of raw turkey roast provides 10.5 1-ounce servings of cooked turkey.

### Uses

After roasting, serve as an entree, in sandwiches, in salads, or in any recipe specifying cooked turkey.

(Continued on back)

## ***Preparation***

HANDLE TURKEY ROASTS PROPERLY TO AVOID  
SPOILAGE OR FOOD POISONING.

Roasts may be cooked frozen or thawed. When cooked from the frozen state, the roasts may be more difficult to slice.

### ***SORTING:***

Sort roasts by weight and diameter to facilitate thawing and/or cooking.

### ***THAWING:***

Thaw only the amount needed for 1 day's use. Thaw in original casings in refrigerator at 35 to 40 °F. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry. The roasts may be cooked after thawing for 24 hours.

DO NOT THAW AT ROOM TEMPERATURE OR IN  
WATER and DO NOT REFREEZE.

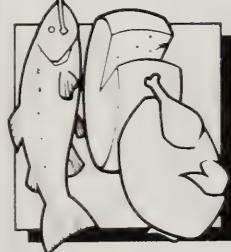
### ***COOKING:***

Remove casings. Place roasts, thawed or frozen, in shallow roasting pans. Insert a meat thermometer into the center of the roast. Cook at 325 °F in either a convection oven or a conventional oven for 3 to 5 hours. Turkey roasts are done when the thermometer registers an internal temperature of 170 °F.

THE DIAMETER OF THE ROASTS CAN AFFECT THE COOKING TIME MORE THAN THE WEIGHT. THE GREATER THE DIAMETER, THE LONGER THE COOKING TIME.

### ***SERVING:***

It is easier to slice and portion cooled roasts than hot roasts. If you use a mechanical slicer, chill the roast thoroughly before slicing. Also, the netting or twine is easier to remove when the roasts are cold. Promptly refrigerate any leftovers and use within 2 days.



## Facts About USDA Commodities **Walnuts, Shelled**

### **Ingredients**

Shelled English or Persian walnuts,  
in small pieces

### **Yield**

One pound of shelled walnuts equals about 3-3/4 cups of  
walnut pieces.

### **Pack Size**

30-pound  
container

	Carbohydrate	5.2 g	Niacin	0.30 mg
Fat	17.6 g	Iron	0.7 mg	
Cholesterol	0	Calcium	27 mg	
Vitamin A	35 IU	Phosphorus	90 mg	
Vitamin C	0.9 mg	Potassium	142 mg	
Sodium	3 mg	Sodium	3 mg	

### **Uses**

Use walnuts in salads, fillings, spreads, quick breads,  
and other baked items, casseroles, and desserts. Also  
use walnuts in recipes calling for peanuts or a bread  
crumb topping.

### **Preparation**

Toasting will keep walnuts crisp and crunchy when used  
in moist mixtures such as sauces, puddings, or gelatin  
salads. To toast, spread walnuts evenly in a shallow pan  
and bake at 350 °F, stirring several times, for 12 to 15  
minutes or until golden brown. Cool.

### **Storage**

Store walnuts in original carton in a cool, dry place.  
Refrigeration is recommended. Once opened, walnuts  
should be tightly resealed and refrigerated or frozen.  
Walnuts have a shelf life of 10 to 20 months at 32 °F.  
Walnuts absorb strong odors. Avoid storing near fish,  
cheese, or onions.

### **Nutritional Value**

One ounce of shelled walnuts provides:

Calories	180	Thiamin	0.11 mg
Protein	4.1 g	Riboflavin	0.04 mg

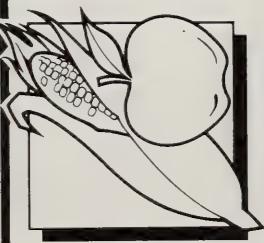
NOTE: Nuts and seeds meet no more than 50 percent  
of the meat and meat alternate requirement for  
lunch/supper patterns in USDA's Child Nutrition  
Programs and must be combined in the meal with at  
least 50 percent of other meat or meat alternates. Any  
meat or meat alternate must be served in the main dish  
or in the main dish and one other menu item.



# Vegetables and Fruits







## Facts About USDA Commodities

# Apples, Fresh

### Ingredients

Fresh apples, U.S. No. 1 Grade, of the following varieties may be available:

Cortland\*  
Delicious  
Golden Delicious\*  
Ida-Red\*  
Jonathan\*

\* Dual purpose: eating and cooking

### Pack Size

Cell or tray pack, 37- to 40-pound case

McIntosh  
Newton Pippin  
Red Delicious  
Rome Beauty\*\*

\*\* Good for cooking

### Storage

Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32 °F with 90 percent relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well-ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32 °F. Apples may pick up off-flavors if stored with other foods.

### Yield

Depending on the size of the apple purchased, a 40-pound case may contain between 96 and 150 apples. The fewer apples per case, the larger the individual apple. Each case shows the apple size by count. The apples are approximately 3-1/8" in diameter for a count of 100, 2-7/8" for a count of 125, and 2-5/8" for a count of 150.

One pound of fresh apples yields 11.4 1/4-cup servings of raw pared fruit. One 2-1/2" apple equals 1/2 cup fruit.

### Uses

Serve fresh apples whole or sliced and serve with cheese, peanut butter, or yogurt dip. Use in salads or baked items.

The length of time apples can be held in cold storage varies with the variety and with the condition when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months. Apples are best if used within a month or two of receipt. Controlled atmosphere can extend storage life another 2 to 4 months.

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## **Nutritional Value**

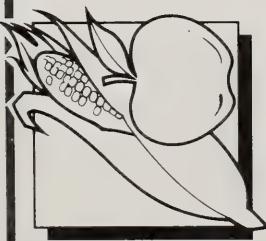
One 2-3/4" apple with skin (about 5/8 cup fruit) provides:

Calories .....	80	Thiamin .....	0.02 mg
Protein.....	0.3 g	Riboflavin .....	0.02 mg
Carbohydrate .....	21.1 g	Niacin .....	0.11 mg
Fat .....	0.6 g	Iron .....	0.3 mg
Cholesterol .....	0	Calcium .....	10 mg
Vitamin A .....	73 IU	Phosphorus .....	10 mg
Vitamin C .....	7.9 mg	Potassium .....	159 mg
Sodium .....	0 mg		

## **Preparation**

Fresh apples are harvested mature and shipped hard or firm. The flesh of an apple gradually softens as it ripens. The ripeness can be checked by the apple's resistance to thumb pressure.

To prevent cut apples from browning, dip in a solution of lemon juice and water, consisting of 1 part juice to 3 parts water.



## Facts About USDA Commodities **Applesauce, Canned**

### Ingredients

Canned applesauce, U.S. Grade A, regular (pureed) form with sugar or similar sweetener. Water and/or apple juice may be added.

### Yield

One No. 10 can (108 ounces) of applesauce yields 47.6 1/4-cup servings of fruit. One can contains approximately 12 cups of fruit.

### Pack Size

Six No. 10 cans per case

	Pack Size	Nutritional Value
Calories	50	Thiamin . . . . . 0.01 mg
Protein	0.1 g	Riboflavin . . . . . 0.02 mg
Carbohydrate	12.7 g	Niacin . . . . . 0.12 mg
Fat	0.1 g	Iron . . . . . 0.3 mg
Cholesterol	0	Calcium . . . . . 3 mg
Vitamin A	7 IU	Phosphorus . . . . . 4 mg
Vitamin C	1.1 mg	Potassium . . . . . 39 mg
Sodium	.2 mg	Sodium . . . . . 2 mg

### Uses

Serve canned applesauce chilled or in baked items.

### Storage

Store unopened canned applesauce off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned applesauce in a covered, nonmetallic container under refrigeration and use within 2 to 3 days. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Preparation

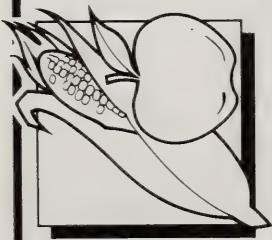
Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork.

Applesauce may be added to meatloaf as a replacement for the liquid. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, french toast, or waffles. Top gingerbread with chilled applesauce. Use applesauce as directed in recipes for baked items.



# Facts About USDA Commodities

## Apricots, Canned



### Ingredients

Unpeeled whole or halved apricots, U.S. Grade B or better, with fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans per case

	Temperature Shelf life	40 °F 48 months	70 °F 24 months	90 °F 12 months
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### Nutritional Value

A 1/4-cup serving of canned apricots in light syrup provides:

Calories	40	Thiamin	0.01 mg
Protein	0.3 g	Riboflavin	0.01 mg
Carbohydrate	10.4 g	Niacin	0.19 mg
Fat	0.1 g	Iron	0.2 mg
Cholesterol	0	Calcium	7 mg
Vitamin A	836 IU	Phosphorus	8 mg
Vitamin C	1.7 mg	Potassium	87 mg
Sodium	2 mg		

### Yield

One No. 10 can (106 oz) of whole apricots yields 43.6 1/4-cup portions of fruit and syrup; one No. 10 can of halves yields 48.4 1/4-cup portions of fruit and syrup. Approximate drained weight of one can of whole pitted apricots is 53 ounces; of halves, 62 ounces. There are 26 to 54 halves per No. 10 can.

### Uses

Served canned apricots chilled or use in recipes for main dishes with poultry, pork, or fish. Use in recipes for breads, cakes, cookies, desserts, or glazes.

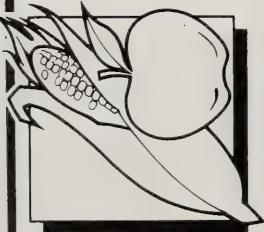
### Storage

Store unopened canned apricots off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned apricots covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

### Preparation

Serve apricots chilled with syrup, or chilled and drained as part of fruit salads, or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.





## Facts About USDA Commodities **Beans, Green, Canned**

### Ingredients

Green beans, U.S. Grade B or better, whole, cut, or sliced lengthwise (french style)

### Pack Size

Six No. 10 cans per case

### Nutritional Value

A 1/4-cup serving of drained, cut style, heated green beans provides:

Calories	5	Thiamin	Trace
Protein	0.4 g	Riboflavin	0.02 mg
Carbohydrate	1.5 g	Niacin	0.04 mg
Fat	Trace	Iron	0.3 mg
Cholesterol	0	Calcium	.9 mg
Vitamin A	113 IU	Phosphorus	6 mg
Vitamin C	1.2 mg	Potassium	37 mg
		Sodium	85 mg

### Yield

One No. 10 can (101 oz) of cut green beans will yield 45.3 1/4-cup servings of heated vegetables. Drained weight of one No. 10 can is approximately 60 ounces (12-7/8 cups).

### Uses

Serve canned green beans heated or use in a variety of main dishes, soups, and salads.

### Storage

Store unopened canned green beans off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration. Opened canned green beans may be stored in the refrigerator 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

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## **Preparation TO HEAT:**

Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

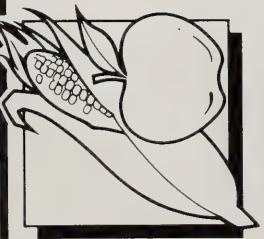
OR

Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet.

Add flavor interest to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.

Serve green beans in combination with other vegetables, such as whole-kernel corn, red peppers, cauliflower, broccoli, or onions.



## Facts About USDA Commodities **Beans, Green, Frozen**

### Ingredients

Green beans, U.S. Grade B or better, whole, french, or cut style

**Pack Size**  
12 2-1/2-pound packages,  
6 5-pound packages, or  
30-pound bulk container.

### Nutritional Value

A 1/4-cup serving of cooked green beans provides:

Calories	10	Thiamin	0.02 mg
Protein	0.5 g	Riboflavin	0.02 mg
Carbohydrate	2.1 g	Niacin	0.11 mg
Fat	Trace	Iron	0.3 mg
Cholesterol	0	Calcium	15 mg
Vitamin A	180 IU	Phosphorus	.8 mg
Vitamin C	2.4 mg	Potassium	38 mg
		Sodium	4 mg

### Yield

One pound of cut green beans will yield 11.6 1/4-cup servings of cooked vegetable.

### Uses

Serve frozen green beans cooked or use in a variety of main dishes, soups, and salads.

### Storage

Store unopened frozen green beans at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Use within 12 months of pack date. Opened, thawed green beans should be stored in a covered, nonmetallic container and used within 2 to 4 days.

(Continued on back)

## Preparation

### TO COOK:

**Stockpot or steam-jacketed kettle:** Add frozen green beans to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 minutes. Drain.

**Steamer:** Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 pounds pressure for 10 to 15 minutes. Drain. Sprinkle 1 teaspoon salt over each 100 servings of vegetable, if desired.

Cook frozen green beans only until tender and crisp; they will continue to cook when held on a hot steamtable or in a holding cabinet. Green beans will become overcooked if held too long. Schedule cooking of frozen green beans so they will be served soon after cooking. Green beans, like most frozen vegetables, can be cooked without thawing.

Add flavor to green beans with herbs and spices such as caraway, dill, or sage.

Serve green beans in combination with other vegetables, such as whole-kernel corn, red peppers, cauliflower, mushrooms, or onions.

# Facts About USDA Commodities

## Blueberries, Frozen



### Ingredients

Blueberries, U.S. Grade B or better, unsweetened. Either native type (wild) or cultivated type, individually quick-frozen

### Yield

One pound of thawed unsweetened blueberries will provide 11.7 1/4-cup servings.

### Uses

Serve thawed blueberries in fruit cups, salads, and hot or cold cereals. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.

### Storage

Store frozen blueberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Under proper storage conditions, blueberries can keep up to 18 months. Temperature changes shorten shelf life and speed deterioration. Opened blueberries may be stored in the refrigerator for 2 to 4 days in a covered, nonmetallic container.

### Pack Size

30-pound carton

### Nutritional Value

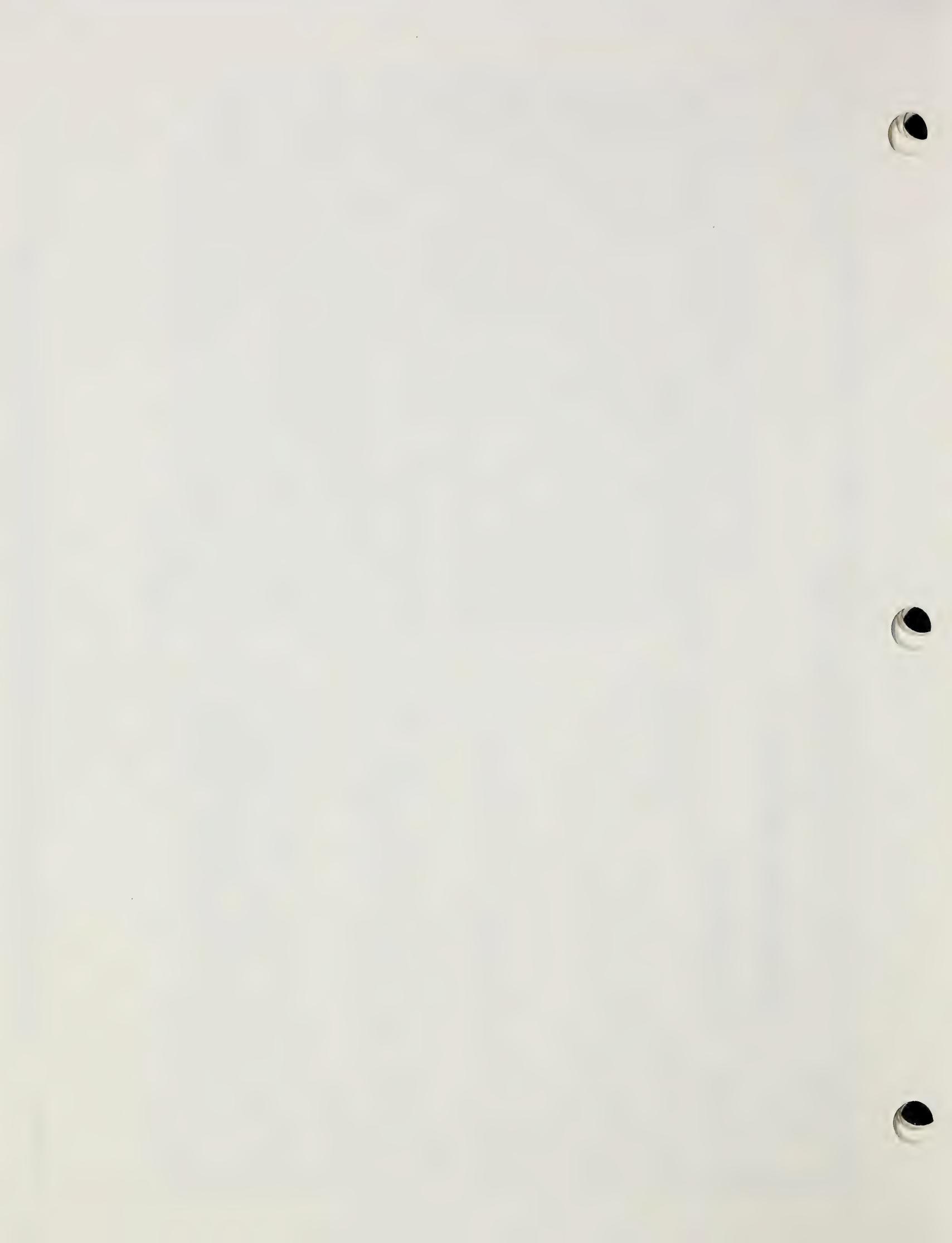
A 1/4-cup serving of unsweetened blueberries provides:

Calories	20	Thiamin	0.01 mg
Protein	0.2 g	Riboflavin	0.01 mg
Carbohydrate	4.7 g	Niacin	0.20 mg
Fat	0.2 g	Iron	0.1 mg
Cholesterol	0	Calcium	3 mg
Vitamin A	31 IU	Phosphorus	4 mg
Vitamin C	1.0 mg	Potassium	21 mg
Sodium	Trace	Sodium	Trace

### Preparation

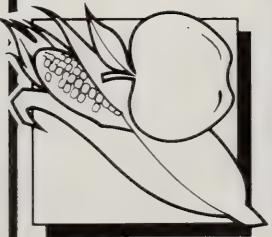
Drain frozen berries before serving. Add frozen blueberries last to fruit salads or other mixtures so as not to crush the berries or discolor other fruits. To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.

To avoid streaking of color through batter and doughs in baking, use frozen blueberries and coat with flour or dry ingredients. Add to batter at once. Do not refreeze blueberries.



# Facts About USDA Commodities

## Cherries, Frozen



### Ingredients

Red, tart, pitted cherries (U.S. Grade B) and sugar

### Pack Size

30-pound can (25 pounds pitted cherries; 5 pounds dry sugar in cap on top of fruit)

### Yield

One pound of thawed cherries yields 7 1/4-cup portions of fruit and juice. One pound of cooked cherries yields 5.9 1/4-cup portions of fruit and juice.

### Uses

Serve thawed cherries in fruit cups or salads; as a topping for pudding, ice cream, custard, or cake; or use in recipes for jellied salads, desserts, pies, puddings, cobblers, or quickbreads. If frozen cherries are substituted in a recipe for canned, unsweetened cherries, adjust the recipe for sugar.

### Storage

Store unopened frozen cherries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack cans tightly together to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration. Use within 24 months of the pack date. Opened thawed cherries may be refrigerated for 2 to 4 days in a covered, nonmetallic container.

### Nutritional Value

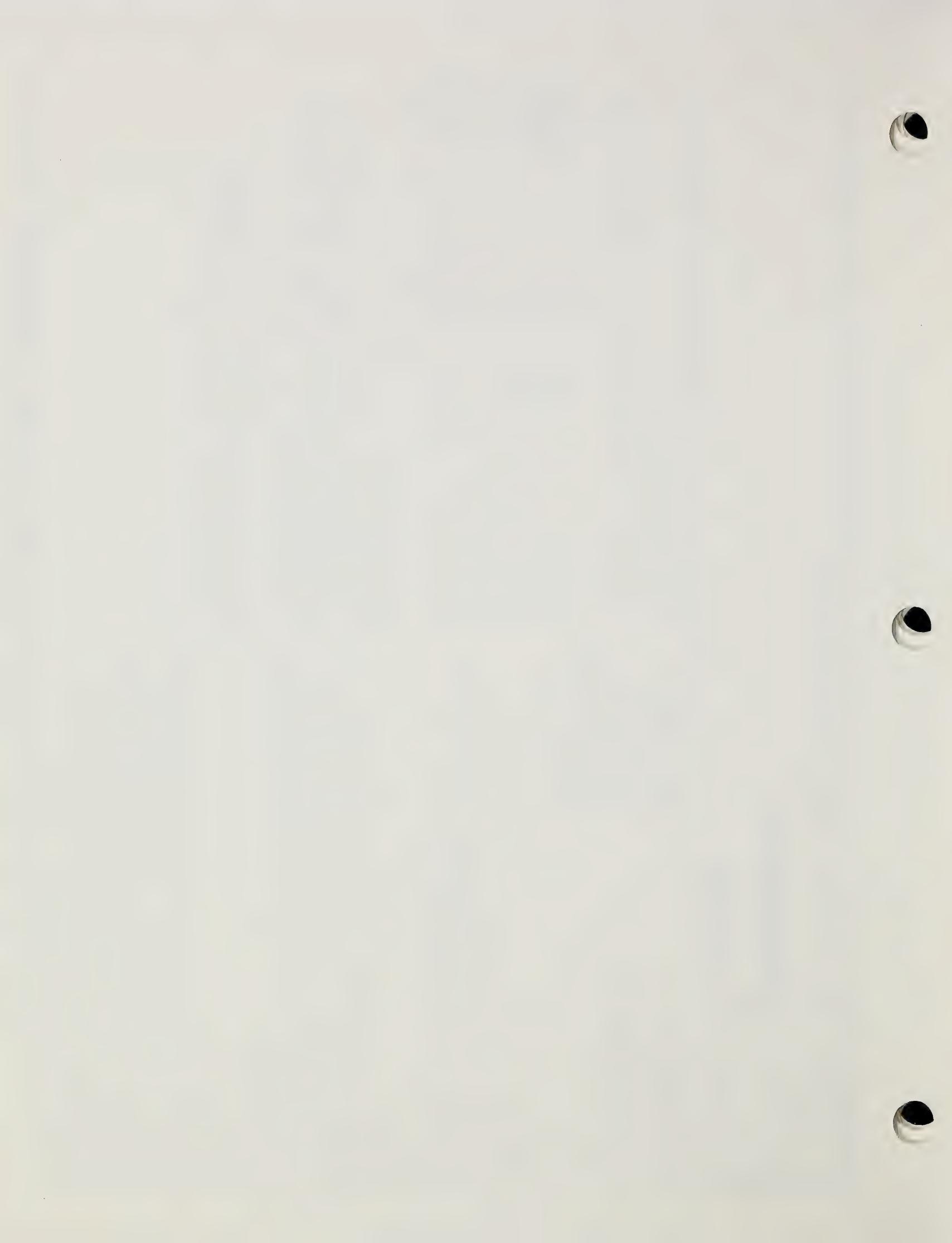
A 1/4-cup serving of sweetened, red, tart, pitted cherries provides:

Calories . . . . .	50	Thiamin . . . . .	0.02 mg
Protein . . . . .	0.3 g	Riboflavin . . . . .	0.01 mg
Carbohydrate . . . . .	12 g	Niacin . . . . .	0.05 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.2 mg
Cholesterol . . . . .	0	Calcium . . . . .	5 mg
Vitamin A . . . . .	337 IU	Phosphorus . . . . .	6 mg
Vitamin C . . . . .	0.7 mg	Potassium . . . . .	48 mg
Sodium . . . . .	Trace	Sodium . . . . .	Trace

### Preparation

The sugar (5 pounds per can) is packed as a cap on top of the fruit (25 pounds per can). Before use, thoroughly mix the fruit and sugar to assure that the cherries are uniformly sweetened.

Thaw in the original container in the refrigerator between 36 and 45 °F. Allow 2 to 3 days to thaw (approximately 2 hours per pound).



# Facts About USDA Commodities

## Corn, Whole-Kernel, Canned (Liquid Pack)



### Ingredients

Whole-kernel corn, U.S. Grade B or better, with water. Sugar and salt may be added.

### Nutritional Value

A 1/4-cup serving of drained, heated corn provides:

Calories	35	Thiamin	0.01 mg
Protein	1.1 g	Riboflavin	0.03 mg
Carbohydrate	7.6 g	Niacin	0.34 mg
Fat	0.4 g	Iron	0.4 mg
Cholesterol	0	Calcium	2 mg
Vitamin A	61 IU	Phosphorus	27 mg
Vitamin C	2.6 mg	Potassium	80 mg
		Sodium	132 mg

### Pack Size

Six No. 10 cans per case

### Yield

One No. 10 can (106 ounces) of whole-kernel corn will yield 46.4 1/4-cup servings of drained heated vegetable. Drained weight of one can is approximately 70 ounces (11-1/2 cups) of vegetable.

### Uses

Serve canned corn heated or use in soups, stews, chowders, stuffings, relishes, fritters, and main dishes.

### Storage

Store unopened canned corn off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration of the corn. Store opened canned corn covered in a nonmetallic container, under refrigeration, and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

(Continued on back)

## **Preparation**

### **TO HEAT:**

Drain off half the liquid from the canned corn and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour corn and remaining liquid into steamer pans. A 12" X 20" X 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature.

Drain and serve.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steamtable or holding cabinet.

Add flavor interest to canned corn with any of a number of seasonings: celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper. Add variety to corn by mixing with one or more other vegetables: lima beans, tomatoes, green peppers, or onions. Well-drained corn may be added to cornbread batter.



## Facts About USDA Commodities

# Fig Nuggets

### Ingredients

Fig nuggets are extruded pieces about the size of raisins. They contain ground fig paste (57.7%), dextrose (12.1%), starch (4.8%), apple fiber powder (4%), hydrogenated vegetable oil (1.8%), glycerine (6.5%), and corn syrup solids (13.1%).

### Pack Size

25-lb container

### Storage

Store fig nuggets in a cool, dry place at 55 °F or below. Shelf life is about 1 year. Avoid humidity above 50 percent. Once opened, packages should be tightly resealed and refrigerated or frozen. Fig nuggets freeze well and thaw quickly.

### Nutritional Value

A 1/4-cup serving of fig nuggets provides:

Calories	121	Thiamin	0.02 mg
Protein	0.9 g	Riboflavin	0
Carbohydrate	26.6 g	Niacin	0.24 mg
Fat	1.7 g	Iron	1.9 mg
Cholesterol	0	Calcium	46 mg
Vitamin A	0	Phosphorus	0
Vitamin C	1.5 mg	Potassium	243 mg
		Sodium	6 mg

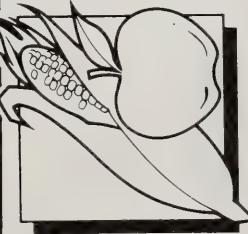
(California Fig Industry)

Fig nuggets may be used in the same kinds of foods as raisins, dates, or other dried fruits. Because they are free-flowing (do not stick together), they can easily be incorporated as a flavorful and nutritious ingredient in a wide range of recipes. **Note:** Fig nuggets are a ground product so they will dissolve in hot liquid. Therefore, add fig nuggets to such foods as hot cereals or hot puddings just before serving.

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## **Preparation**

- Add to granola mixtures or combine with other dried fruits and nuts.
- Mix into favorite roll, muffin, or quick bread recipes.
- Include in fresh fruit cups, or in compotes; or, before baking apples, fill cavities with fig nuggets, chopped nuts, and cinnamon.
- Try a carrot-fig salad or a Waldorf salad with fig nuggets.
- Include in stuffings and pilafs or other rice mixtures.
- Fold into pancake or waffle batter or sprinkle on hot or cold cereals.
- Add to apple crisp, Brown Betty, fruit cobbler recipes, or rice or bread puddings.
- Add fig nuggets to cookie, cake, or brownie recipes.
- Fig nuggets will dissolve in hot liquid. Add fig nuggets to such foods as hot puddings just before serving.



## Facts About USDA Commodities

# Lemon Juice Concentrate, Frozen

### Ingredients

Frozen lemon juice concentrate (3 to 1), unsweetened

### Pack Size

32-fluid-ounce can

### Yield

One 32-fluid-ounce can of concentrated lemon juice yields 64 tablespoons of concentrate (1 tablespoon is equivalent to 1/4 cup fruit juice). One can reconstituted with 3 cans water yields approximately 16 cups of full-strength juice (128 fluid ounces).

### Uses

Use lemon juice concentrate to make lemonade or full-strength lemon juice. Dip apples, pears, and bananas in lemon juice to prevent browning. Use lemon juice in salads, sauces, and desserts, and on seafood.

### Storage

Store unopened frozen lemon juice concentrate at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the lemon juice. Use within 18 months of pack date. Store opened thawed lemon juice in a covered, nonmetallic container in the refrigerator.

### Nutritional Value

A 1/4-cup serving of reconstituted lemon juice concentrate provides:

Calories . . . . .	15	Thiamin . . . . .	0.02 mg
Protein . . . . .	0.2 g	Riboflavin . . . . .	Trace
Carbohydrate . . . . .	4.0 g	Niacin . . . . .	0.12 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.1 mg
Cholesterol . . . . .	0	Calcium . . . . .	7 mg
Vitamin A . . . . .	9 IU	Phosphorus . . . . .	6 mg
Vitamin C . . . . .	15.1 mg	Potassium . . . . .	62 mg
Sodium . . . . .	13 mg	Sodium . . . . .	13 mg

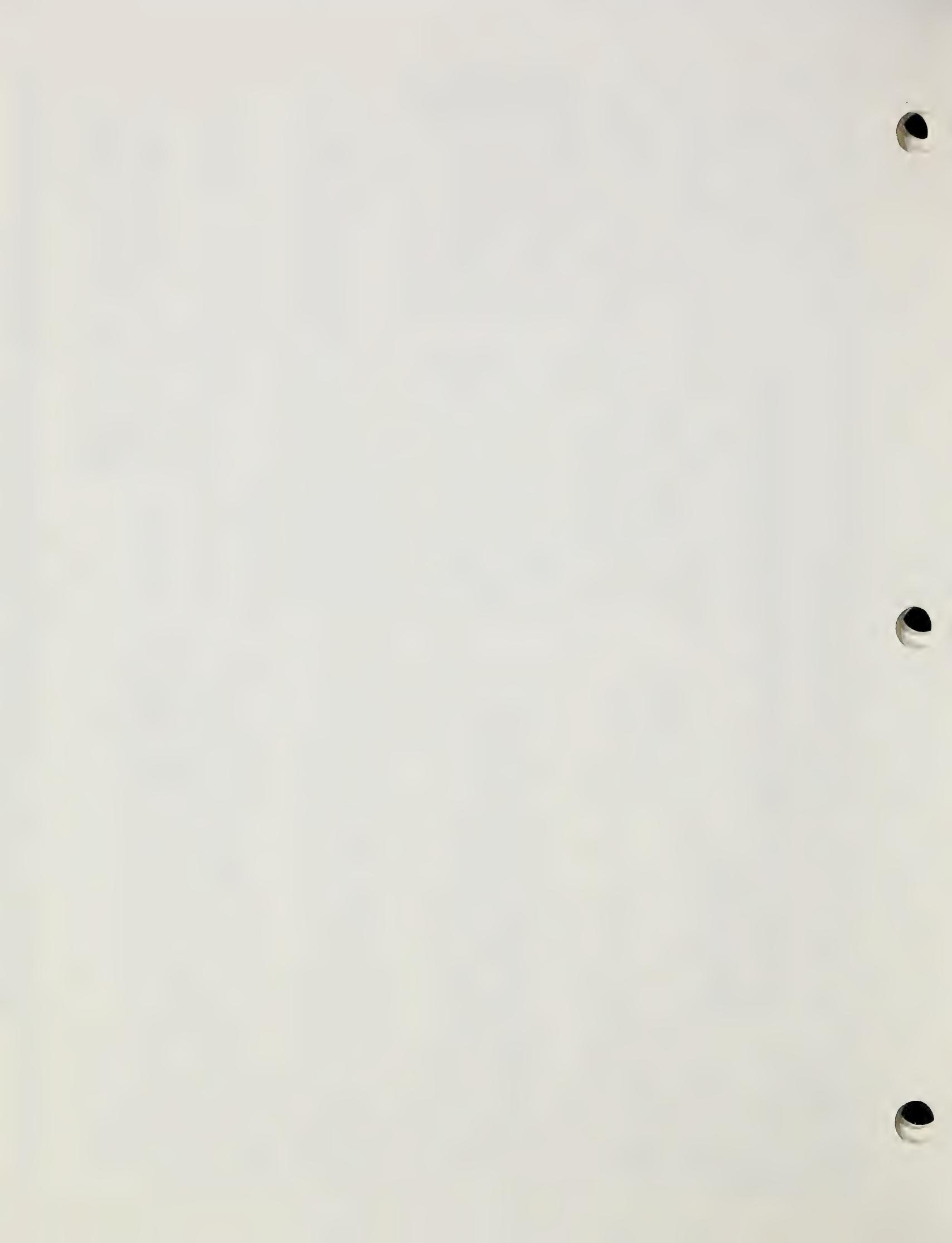
### Preparation

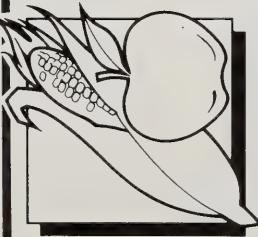
Thaw unopened cans of frozen concentrate in the refrigerator. Allow 8 hours to thaw. Space containers on shelves for good air circulation. Do not refreeze.

### TO PREPARE:

*Lemon juice:* Add 3 parts water to 1 part concentrate and stir briskly.

*Lemonade:* Dissolve 6 pounds sugar in 1/2 gallon hot water; cool. Stir in 32-fluid-ounce can frozen lemon juice concentrate and 5-1/2 gallons ice water. Makes 7-1/2 gallons.





# Facts About USDA Commodities **Mixed Fruit, Canned**

## **Ingredients**

Canned mixed fruit, U.S. Grade B or better; diced peaches, diced pears, and whole seedless grapes packed in fruit juice or light syrup. Sugar or similar sweetener may be added.

## **Yield**

One No. 10 can (106 oz) of mixed fruit will yield 46.9 1/4-cup servings of fruit and juice. Drained weight of one can is approximately 69 oz (9-1/4 cups) fruit.

## **Pack Size**

Six No. 10 cans per case

## **Nutritional Value**

A 1/4-cup serving of canned mixed fruit (peaches, pears, and grapes, with light syrup) provides:

Calories . . . . .	35	Thiamin . . . . .	0.01 mg
Protein . . . . .	0.2 g	Riboflavin . . . . .	0.01 mg
Carbohydrate . . . . .	8.8 g	Niacin . . . . .	0.22 mg
Fat . . . . .	0.3 mg	Iron . . . . .	Trace
Cholesterol . . . . .	0	Calcium . . . . .	3 mg
Vitamin A . . . . .	114 IU	Phosphorus . . . . .	4 mg
Vitamin C . . . . .	1.0 mg	Potassium . . . . .	53 mg
Sodium . . . . .	3 mg	Sodium . . . . .	3 mg

## **Uses**

Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.

## **Storage**

Store unopened canned mixed fruit off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the fruit. Avoid freezing. Store opened canned mixed fruit under refrigeration in a covered, nonmetallic container. Use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature Shelf life	40 °F 48 months	70 °F 24 months	90 °F 12 months
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# Facts About USDA Commodities

## Mixed Vegetables, Frozen



### Ingredients

A mix of carrots, corn (sweet golden or yellow whole-kernel), and green peas (early or sweet type), Grade B

### Pack Size

12 2-1/2-pound packages,  
6 5-pound packages, or  
30-pound bulk container.

### Yield

One pound of cooked mixed vegetables provides 8.1  
1/4-cup servings.

### Uses

Serve mixed vegetables cooked, or use in main dishes or soups.

Marinade cooked mixed vegetables and serve chilled.

### Storage

Store unopened frozen mixed vegetables at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the vegetables. Use within 12 months of pack date. Store opened thawed vegetables in a covered, nonmetallic container, under refrigeration. Use within 2 to 4 days.

### Nutritional Value

A 1/4-cup serving of cooked mixed vegetables (corn, green peas, and carrots) with no added salt provides:

Calories . . . . .	25	Thiamin . . . . .	0.04 mg
Protein . . . . .	1.2 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	5.6 g	Niacin . . . . .	0.33 mg
Fat . . . . .	0.1 g	Iron . . . . .	0.3 mg
Cholesterol . . . . .	0	Calcium . . . . .	8 mg
Vitamin A . . . . .	2997 IU	Phosphorus . . . . .	21 mg
Vitamin C . . . . .	1.7 mg	Potassium . . . . .	63 mg
Sodium . . . . .	21 mg	Sodium . . . . .	21 mg

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## Preparation

### TO COOK:

*Stockpot or Steam-jacketed kettle:* Add frozen mixed vegetables to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 12 to 20 minutes. Drain.

*Steamer:* Place frozen mixed vegetables in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 12 to 20 minutes. Drain. Sprinkle 1 teaspoon salt over each 100 servings of vegetable, if desired.

Cook mixed vegetables only until tender but crisp; they may continue to cook when held before or during service. Mixed vegetables will become overcooked if held too long; cook batches of a size that can be served in a short time.

Schedule cooking of frozen mixed vegetables so they will be served soon after they are cooked. Most frozen vegetables can be cooked without thawing.

# Facts About USDA Commodities

## Peaches, Canned



### Ingredients

Canned peaches, U.S. Grade B or better, yellow freestone or yellow clingstone varieties; halved, quartered, sliced, or diced. May be packed with fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans per case

peaches may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

### Nutritional Value

A 1/4-cup serving of canned peaches with light syrup provides:

Calories	35	Thiamin	0.01 mg
Protein	0.2 g	Riboflavin	0.02 mg
Carbohydrate	9.2 g	Niacin	0.37 mg
Fat	0	Iron	0.2 mg
Cholesterol	0	Calcium	2 mg
Vitamin A	222 IU	Phosphorus	7 mg
Vitamin C	1.5 mg	Potassium	61 mg
Sodium	3 mg	Sodium	3 mg

### Yield

One No. 10 can (106 oz) of peach halves will yield 47.1 1/4-cup servings of peach halves and juice; 64 oz (8-1/8 cups) of drained cling peach halves or about 60 oz (6-2/3 cups) of drained freestone peach halves. One No. 10 can provides approximately 30-35 cling peach halves. One No. 10 can (106 oz) of peach slices will yield 47.5 1/4-cup servings of peach slices and juice.

### Uses

Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.

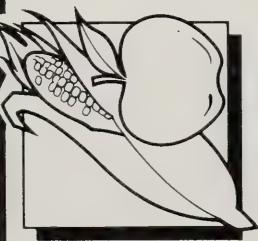
### Storage

Store unopened canned peaches off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Opened canned

### Preparation

Serve peaches chilled with syrup, or chilled and drained as part of fruit salad, or with cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. Add peaches to gelatin. Serve peaches drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying peaches.





## Facts About USDA Commodities **Pears, Bartlett, Canned**

### Ingredients

Bartlett pears, canned, U.S. Grade B or better. Can be halved, quartered, sliced, or diced; natural flavor; packed in light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.

### Pack Size

Six No. 10 cans per case

### Pack Size

Temperature 40 °F  
Shelf life 36 months

Temperature 70 °F  
Shelf life 18 months

### Nutritional Value

A 1/4-cup serving of canned pears, in light syrup, provides:

Calories . . . . .	35	Thiamin . . . . .	0.01 mg
Protein . . . . .	0.1 g	Riboflavin . . . . .	0.01 mg
Carbohydrate . . . . .	9.5 g	Niacin . . . . .	0.09 mg
Fat . . . . .	0	Iron . . . . .	0.2 mg
Cholesterol . . . . .	0	Calcium . . . . .	3 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	4 mg
Vitamin C . . . . .	0.4 mg	Potassium . . . . .	41 mg
		Sodium . . . . .	3 mg

### Preparation

Serve canned pears chilled in juice or light syrup, or chilled and drained as part of a salad or dessert. Canned pears may also be used in baked cobblers, crisps, etc. They also may be served at breakfast, alone or over cereal. Canned pears may be combined with fresh fruit or gelatin in a salad or dessert.

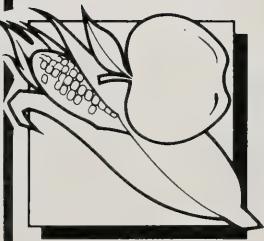
### Uses

Serve canned pears chilled or use in recipes for main dishes, breads, salads, or desserts.

### Storage

Store unopened canned pears off the floor in a clean, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Opened canned pears may be refrigerated for 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.





## Facts About USDA Commodities

# Pears, Fresh

### Ingredients

Fresh pears, U.S. No. 2 Grade or better, of the Bosc or Anjou winter varieties

### Pack Size

45-pound case

The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested. A generally acceptable storage period for most winter varieties is 3 months.

### Yield

Depending on the size of the pear, a 45-pound case may contain 135 to 165 pears. The fewer the pears per case, the larger the individual pear size. Each case shows the pear size by count. A "count" of 150 means 150 pears per case.

One small fresh pear (size 150) provides about 1/2 cup of fruit. One pound of fresh pears yields 7.1 1/4-cup servings of fresh pared and cubed fruit.

### Nutritional Value

One 2-1/2" diameter, 3-1/2" long pear with skin provides:

Calories	100	Thiamin	0.03 mg
Protein	0.7 g	Riboflavin	0.07 mg
Carbohydrate	25.1 g	Niacin	0.17 mg
Fat	0.7 g	Iron	0.5 mg
Cholesterol	0	Calcium	18 mg
Vitamin A	33 IU	Phosphorus	18 mg
Vitamin C	6.6 mg	Potassium	208 mg
		Sodium	0

### Uses

Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes.

### Storage

The best storage temperature for pears is 29 to 31 °F (although 32 °F is acceptable) with a relative humidity of 90 percent. Keep pears in a well-ventilated area away from walls.

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## **Preparation**

Ripen fruit in original containers at 65 to 72 °F and, if possible, 95 percent relative humidity. Indications of being ripe are a yellow skin color and when the flesh gives to gentle palm pressure.

Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving.

Use diced fresh pears in stuffing for fish, pork, or poultry, or broiled with hamburgers. Add sliced pears to fresh fruit salad.

To prevent cut pears from browning, dip in a lemon juice and water solution, made up of 1 part juice to 3 parts water.

# Facts About USDA Commodities

## Peas, Green, Canned



### Ingredients

Green peas of the sweet or early variety, U.S. Grade B or better

### Pack Size

Six No. 10 cans per case

### Nutritional Value

A 1/4-cup serving of drained, heated green peas provides:

### Yield

One No. 10 can (105 oz) of canned green peas yields 44.2 1/4-cup portions of heated vegetable. One No. 10 can equals about 69 oz (11-1/2 cups) of drained vegetable.

### Uses

Serve canned green peas heated in soups, salads, and main dishes.

	Pack Size	Nutritional Value
<b>Yield</b>	Six No. 10 cans per case	A 1/4-cup serving of drained, heated green peas provides:
Calories	30	Thiamin . . . . . 0.04 mg
Protein	1.9 g	Riboflavin . . . . . 0.03 mg
Carbohydrate	5.4 g	Niacin . . . . . 0.20 mg
Fat	0.2 g	Iron . . . . . 0.4 mg
Cholesterol	0	Calcium . . . . . 9 mg
Vitamin A	.310 IU	Phosphorus . . . . . 28 mg
Vitamin C	3.1 mg	Potassium . . . . . 74 mg
		Sodium . . . . . 93 mg

### Storage

Store unopened canned green peas off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration. Opened canned green peas may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature Shelf life	40 °F 72 months	70 °F 36 months	90 °F 18 months

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## **Preparation**

### **TO HEAT:**

Drain off half the liquid in the can. Pour green peas and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

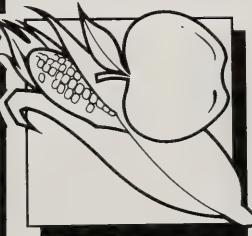
Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas so they will be served soon after heating.

Add flavor interest to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.

Serve canned green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed, or with onions and chopped pimento.



## Facts About USDA Commodities **Peas, Green, Frozen**

### Ingredients

Frozen peas, U.S. Grade B or better, with no additives except salt used during processing

### Pack Size

12 2-1/2-pound packages, or 6 5-pound packages, or 30-pound container

### Nutritional Value

A 1/4-cup serving of cooked, frozen green peas with no added salt provides:

Calories	30	Thiamin	0.10 mg
Protein	2.0 g	Riboflavin	0.04 mg
Carbohydrate	5.7 g	Niacin	0.47 mg
Fat	0.1 g	Iron	0.6 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	267 IU	Phosphorus	36 mg
Vitamin C	3.4 mg	Potassium	67 mg
		Sodium	35 mg

### Yield

One pound of frozen green peas yields 10.1 1/4-cup servings of cooked vegetable.

### Uses

Serve frozen green peas cooked or use in soups, salads, and main dishes.

### Storage

Store unopened frozen green peas at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration. Use within 14 months of pack date. Opened thawed green peas may be refrigerated 2 to 4 days in a covered, nonmetallic container.

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## Preparation

### TO COOK:

*Stock pot or steam-jacketed kettle:* Add frozen green peas to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

*Steamer:* Place frozen green peas in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Sprinkle 1 teaspoon of salt over each 100 servings of vegetable, if desired.

Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet. Green peas will become overcooked if held too long; schedule cooking of frozen green peas so they will be served soon after cooking. Most frozen vegetables can be cooked without thawing.

Serve green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed, or with onions and chopped pimento.

# Facts About USDA Commodities

## Pineapple, Canned



### Ingredients

Slices, tidbits, or chunks of pineapple Grade B or better, with light syrup or pineapple juice. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans per case

	Temperature	40 °F	70 °F	90 °F
	Shelf life	48 months	24 months	12 months

### Nutritional Value

A 1/4-cup serving of canned pineapple slices packed in light syrup provides:

Calories . . . . .	35	Thiamin . . . . .	0.06 mg
Protein . . . . .	0.3 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	8.4 g	Niacin . . . . .	0.18 mg
Fat . . . . .	0.1 g	Iron . . . . .	0.3 mg
Cholesterol . . . . .	0	Calcium . . . . .	9 mg
Vitamin A . . . . .	9 iu	Phosphorus . . . . .	4 mg
Vitamin C . . . . .	4.7 mg	Potassium . . . . .	66 mg
Sodium . . . . .	1 mg	Sodium . . . . .	1 mg

### Yield

One No. 10 can (106 oz) of pineapple chunks yields 50 1/4-cup servings of fruit and juice; one No. 10 can (107 oz) of pineapple slices yields 47.5 1/4-cup servings of fruit and juice (about 1-1/2 slices per serving). Approximate drained weight of one can of pineapple chunks is 66 ounces (10 cups), and of slices, 62 ounces (9-1/3 cups or 60 slices).

### Uses

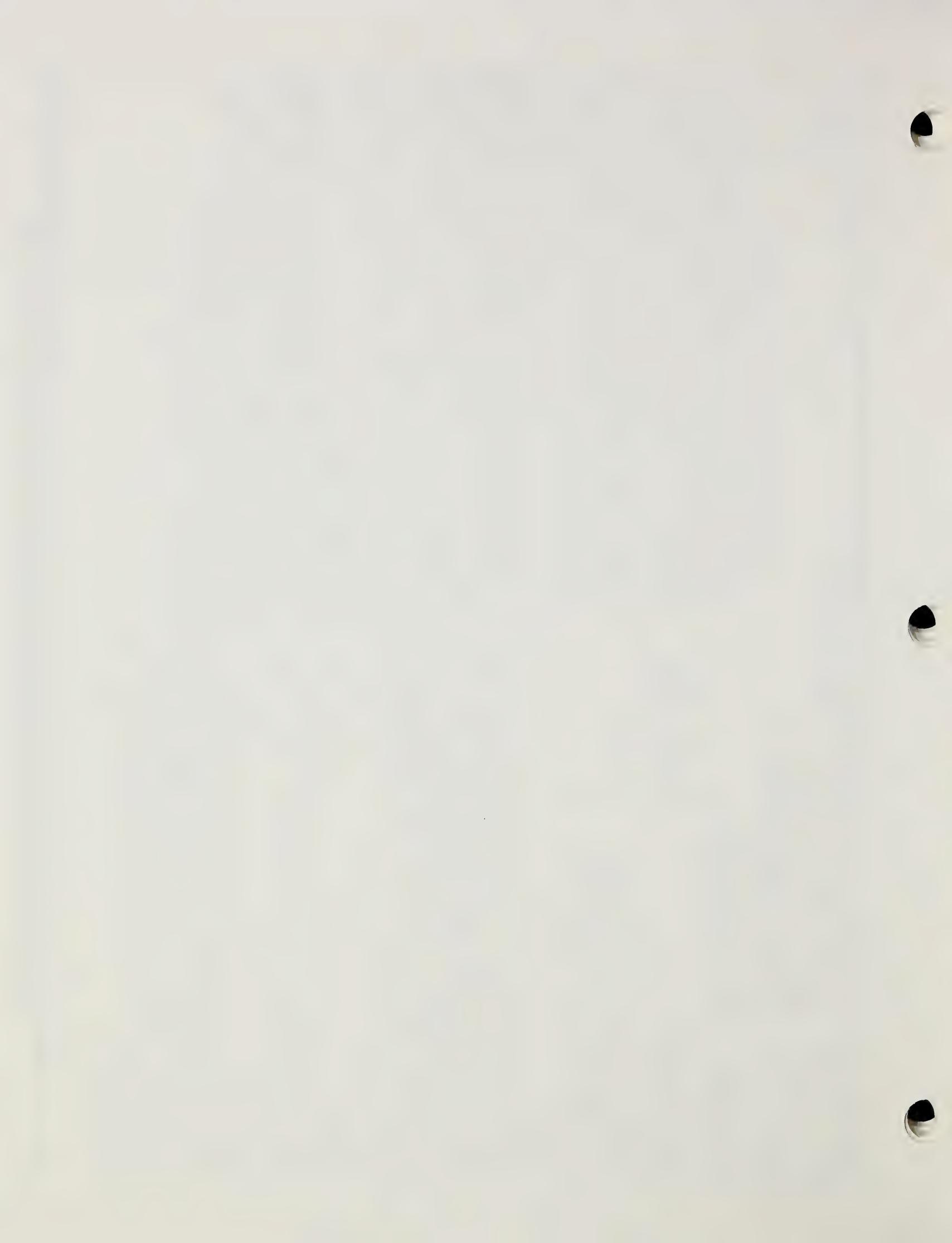
Serve canned pineapple chilled or use in recipes for main dishes, breads, cakes, or desserts.

### Storage

Store unopened pineapple off the floor in a cool, dry place. Avoid freezing. High temperatures reduce storage life. Opened canned pineapple may be refrigerated up to 2 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

### Preparation

Serve pineapple chilled with juices or syrup, or chilled and drained as part of fruit salads, or to garnish cottage cheese. Combine with other canned, fresh, or frozen fruit for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying pineapple.



# Facts About USDA Commodities

## Plums, Purple, Canned



### Ingredients

Purple plums, U.S. Grade B or better whole (unpeeled, unpitted) or halves (unpeeled, pitted) in fruit juice or light syrup. Sugar or similar sweetener may be added.

### Pack Size

Six No. 10 cans per case

Temperature  
Shelf life

40 °F  
36 months

90 °F  
9 months

### Nutritional Value

A 1/4-cup serving of pitted purple plums in light syrup provides:

Calories . . . . .	40	Thiamin . . . . .	0.01 mg
Protein . . . . .	0.2 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	10.3 g	Niacin . . . . .	0.19 mg
Fat . . . . .	0.1 g	Iron . . . . .	0.6 mg
Cholesterol . . . . .	0	Calcium . . . . .	6 mg
Vitamin A . . . . .	166 IU	Phosphorus . . . . .	8 mg
Vitamin C . . . . .	0.2 mg	Potassium . . . . .	59 mg
Sodium . . . . .	13 mg	Sodium . . . . .	13 mg

### Yield

One No. 10 can (108 ounces) of whole purple plums

yields 52.3 1/4-cup servings of fruit and juice.

Approximate drained weight of one can is 59 ounces (7-1/4 cups) of fruit. There are approximately 95 whole plums per No. 10 can.

### Uses

Serve purple plums chilled or in recipes for main dishes, breads, or salads.

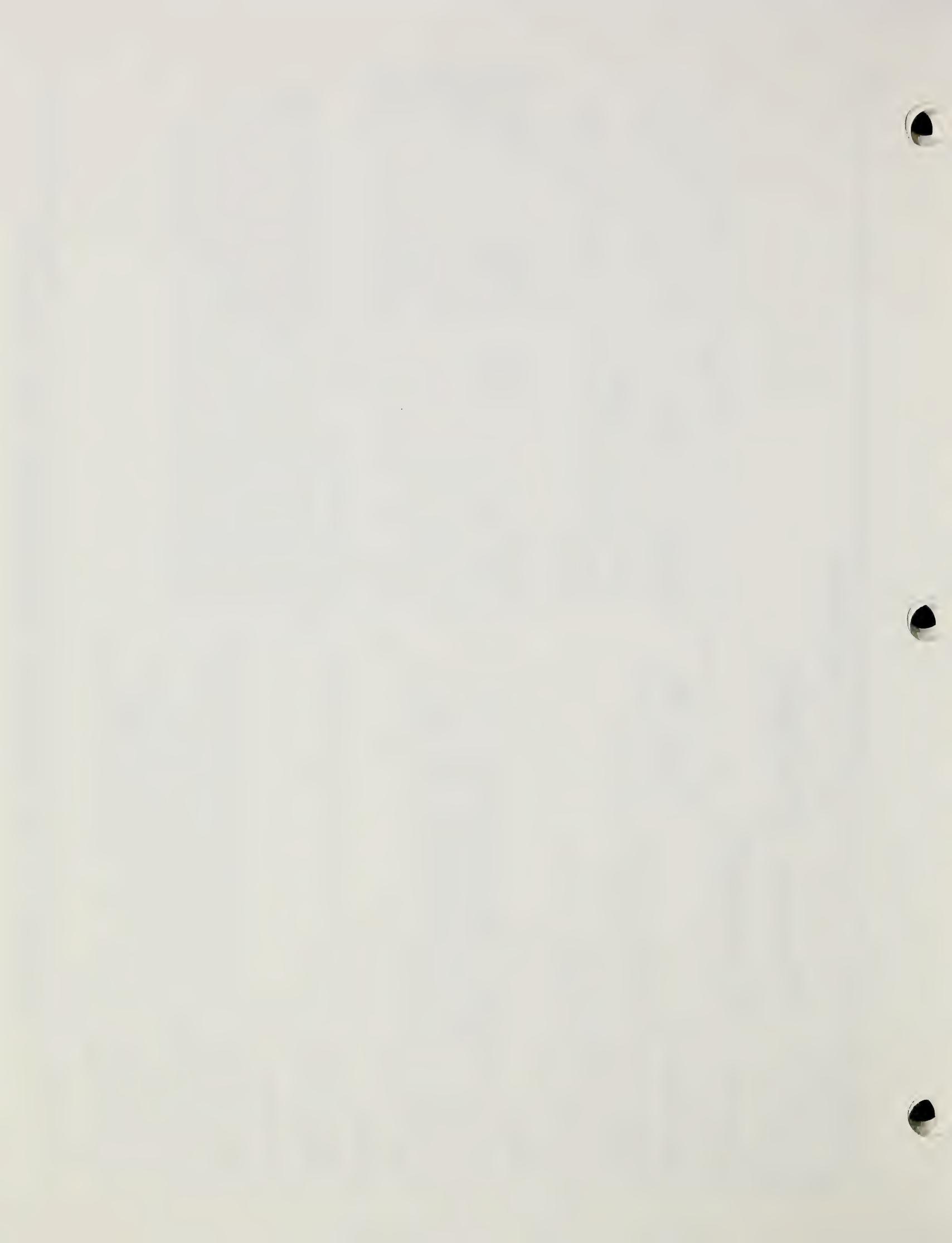
### Storage

Store unopened canned purple plums off the floor in a cool storeroom or in refrigerated storage. Avoid freezing or sudden changes in temperature. Rotate use.

Temperature changes shorten shelf life and speed deterioration of the plums. Opened canned plums may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

### Preparation

Serve purple plums chilled in syrup or juice or drained; add to fruit cups or compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor. Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls. Serve drained and heated or at room temperature as an accompaniment to meat dishes.





## Facts About USDA Commodities

# Potatoes, French Fried and Rounds, Frozen

### Ingredients

**Oven Fries:** Frozen french-fried potatoes, U.S. Grade A, that have been crinkle-cut, then fried or blanched in oil. Potato strips will be from 3/8" to 1/2" across and 50 percent or more will be 2" or longer.

**Preformed potato rounds:** White potatoes, with spices and stabilizers (no artificial color, preservatives, or flavor enhancers allowed)

### Pack Size

30-pound case containing six 5-pound sealed containers

### Nutritional Value

A 1/4-cup serving of oven-heated, unsalted french fries provides:

Calories . . . . .	.62	Thiamin . . . . .	0.03 mg
Protein . . . . .	1.0 g	Riboflavin . . . . .	0.01 mg
Carbohydrate . . . . .	9.4 g	Niacin . . . . .	0.32 mg
Fat . . . . .	2.4 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	0	Calcium . . . . .	3 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	24 mg
Vitamin C . . . . .	1.8 mg	Potassium . . . . .	127 mg
Sodium . . . . .	9 mg	Sodium . . . . .	9 mg

### Yield

One pound of regular crinkle-cut french fries yields 13.7 1/4-cup servings (about five pieces each). One pound of potato rounds yields 12.7 1/4-cup servings (about four pieces each).

### Uses

Serve french fries or potato rounds plain or with melted cheese or gravy. Use them in stews or casseroles.

### Storage

Store frozen potatoes in the original shipping containers off the floor at 0 °F or below. Use within 12 months. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully: A 3-foot drop will break about one-third of the pieces.

A 1/4-cup serving of oven-heated potato rounds provides:

Calories . . . . .	.70	Thiamin . . . . .	0.06 mg
Protein . . . . .	1.0 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	9.5 g	Niacin . . . . .	0.34 mg
Fat . . . . .	3.3 g	Iron . . . . .	0.5 mg
Cholesterol . . . . .	0	Calcium . . . . .	9 mg
Vitamin A . . . . .	4 IU	Phosphorus . . . . .	15 mg
Vitamin C . . . . .	1.3 mg	Potassium . . . . .	118 mg
Sodium . . . . .	231 mg	Sodium . . . . .	231 mg

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## **Preparation**

- Keep potatoes frozen until ready to use.
- Remove from freezer only the quantity for 1 day's use.
- Spread frozen potatoes (rounds or fries) in a single layer on a sheet pan. This permits sufficient air flow and speeds cooking time. Crowding them in the pan results in soggy potatoes.

### **TO HEAT:**

#### **OVEN-TYPE CRINKLE-CUT:**

Conventional oven: 20 to 26 minutes at 450 °F.  
Convection oven: 12 to 13 minutes at 425 °F. (Time based on a two-pan oven load of 2 lb 8 oz per pan.) Heat until golden brown and crisp. SERVE IMMEDIATELY.

#### **PREFORMED POTATO ROUNDS:**

Conventional oven: About 24 minutes at 475 °F.  
Convection oven: About 15 minutes at 450 °F. (Times based on full oven load, potatoes spread one layer deep.) Heat until golden brown and crisp. SERVE IMMEDIATELY.

#### **FRY-TYPE CRINKLE-CUT:**

Fill clean deep-fat fryer with fat or oil *only to fill line*.  
Heat 350 - 360 °F. **Do not overheat.**

#### **Fill basket about 1/2 full. Do not overload.**

Fry 2-5 minutes or until golden brown. Drain and season, as desired. SERVE IMMEDIATELY.

# Facts About USDA Commodities

## Potatoes, Fresh (Baking Type)



### Ingredients

Whole, fresh potatoes, Russet Burbanks, U.S. No. 1 Grade. Potatoes may have been treated with a sprout inhibitor.

### Pack Size

50 pounds per box, 100 or 110 potatoes (count not to exceed 5 percent over or under the specified size)

### Storage

Store potatoes in a cool, dry, dark, and well-ventilated place. The ideal temperature of 45 °F will keep potatoes for 60 - 80 days. Excessive temperatures (above 50 °F) encourage sprouting and shriveling. *Avoid prolonged exposure to light* as it will turn the outer skins green and cause a bitter flavor. *Do not refrigerate potatoes.* Below 40 °F potato starch turns to sugar and the potato becomes sweet. The increased accumulation of sugar will cause the potato to darken when cooked.

### Yield

Approximate weights of potatoes: The 100-count box contains between 95 and 105 potatoes (7-9 oz) and the 110-count box contains between 105 and 115 potatoes (6-8 oz). The average weight of a large potato is about 7 ounces.

One pound of baking potatoes, as purchased, yields 0.81 pound of baked potato with skin. A serving of one-half of a cooked large potato provides about 1/2 cup of vegetable.

### Uses

Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling, or a combination of ingredients. Fill the potato with chicken à la king or stroganoff.

### Nutritional Value

One-half of a large baked potato, including the skin, provides:

Calories . . . . .	110	Thiamin . . . . .	0.10 mg
Protein . . . . .	2.3 g	Riboflavin . . . . .	0.03 mg
Carbohydrate . . . . .	25.4 g	Niacin . . . . .	1.33 mg
Fat . . . . .	0.1 g	Iron . . . . .	1.4 mg
Cholesterol . . . . .	0	Calcium . . . . .	10 mg
Vitamin A . . . . .	0	Phosphorus . . . . .	58 mg
Vitamin C . . . . .	9.8 mg	Potassium . . . . .	422 mg
Sodium . . . . .	8 mg		

## ***Preparation***

Soak and scrub to remove dirt but not hard enough to break the skin. Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to allow steam to escape while cooking.

Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat.

## ***TO BAKE:***

Place potatoes in a single layer on baking pans. Bake at 425 °F for 1 hour or until done. Baking time may vary with variety, maturity, quantity, and size of vegetable.

# Facts About USDA Commodities

## Potatoes, Instant, Dehydrated



### Ingredients

Dehydrated instant potatoes may be flakes or granules. Fortified with vitamins A and C

### Pack Size

Six 5-pound packages or six No. 10 cans per case

### Nutritional Value

A 1/4-cup serving of reconstituted potato flakes (water, whole milk, butter, and salt added) provides:

Calories	60	Thiamin	0.05 mg
Protein	1.0 g	Riboflavin	0.02 mg
Carbohydrate	7.9 g	Niacin	0.18 mg
Fat	2.9 g	Iron	0.1 mg
Cholesterol	7 mg	Calcium	26 mg
Vitamin A	71 IU	Phosphorus	29 mg
Vitamin C	4.6 mg	Potassium	122 mg
		Sodium	174 mg

### Yield

One pound of flakes or granules yields 50.5 1/4-cup portions when reconstituted.

### Uses

Serve plain as a mashed vegetable or in other foods, such as shepherd's pie. You can also use mashed potatoes as a base for creamed chicken or turkey, or potato soup.

### Storage

Store unopened dehydrated potatoes off the floor in a cool, dry place. Store opened potatoes in airtight containers in refrigerator. The chart shows maximum storage periods at different temperatures.

Temperature      40 °F      70 °F      90 °F

Shelf life	12 months	6 months	3 months
Package	24 months	12 months	6 months
Can			

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**Preparation**  
**TO PREPARE INSTANT MASHED WHITE POTATOES:**  
 (Flakes and Granules)

Ingredients	100 Servings		Directions
	Weight	Measure	

**FLAKES**

Boiling water . . . . .	2 gal 1 qt . . . . .	1. Pour liquids into mixing bowl. Add butter or margarine.
Warm milk . . . . .	3 qt . . . . .	2. Add instant potatoes and salt to liquids.
Butter or margarine . . .	12 oz . . . . .	3. Stir 1/2 minute to moisten potatoes. Stir an additional
Potato flakes . . . . .	4 lb 2 oz . . . . .	1/2 minute to fluff. Avoid overmixing. (For best
Salt . . . . .	2 Tbsp . . . . .	results, do not use a mixer.)
		4. Serve with No. 8 scoop (1/2 cup).

**GRANULES**

Boiling water . . . . .	1-3/4 gal . . . . .	1. Pour liquids into mixing bowl.
Warm water . . . . .	2 qt 1-1/2 cups . . .	2. Add instant potatoes and salt to liquids.
Butter or margarine . . .	1-1/2 cups . . . . .	3. Stir 1/2 minute to moisten potatoes. Beat 1 minute until
Potato granules . . . . .	4 lb 2 oz . . . . .	fluffy.
Salt . . . . .	2 qt 1-1/2 cups . . .	4. Serve with No. 8 scoop (1/2 cup).

**SERVING:** 1/2 cup provides 1/2 cup of vegetable.

**Note:** Reconstituted nonfat dry milk may be used instead of fresh milk.

## Facts About USDA Commodities

# Prunes, Dried, Pitted



### Ingredients

Whole, pitted, dried prunes, U.S. Grade B or better. Size ranges from small to large.

### Yield

One pound of prunes yields 10.6 1/4-cup portions of dry fruit (about 6 medium prunes). One pound of prunes yields 14.7 1/4-cup portions of cooked fruit and juice.

### Uses

Serve dried pitted prunes as is, in cereals, salads, or baked items, or as a garnish (hot or cold) for main dishes. Add chopped prunes to quick breads, muffins, cookies, cakes, and stuffings to help retain moisture and add flavor. Fold in sliced prunes to enhance vegetable dishes.

### Pack Size

25-pound carton

### Pack Size

Temperature  
Shelf life

40 °F  
18 months

70 °F  
9 months

90 °F  
5 months

### Nutritional Value

A 1/4-cup serving of cooked prunes, without added sugar, provides:

Calories	60	Thiamin	0.01 mg
Protein	0.6 g	Riboflavin	0.05 mg
Carbohydrate	14.9 g	Niacin	0.27 mg
Fat	0.1 g	Iron	0.6 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	1221 IU	Phosphorus	19 mg
Vitamin C	1.2 mg	Potassium	177 mg
		Sodium	1 mg

### Storage

Store dried pitted prunes in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 35 to 40 °F is preferred, although temperatures up to 70 °F are satisfactory. After opening, carefully fold the polybag liner, turn carton upside down to seal, and store in the refrigerator. The chart shows maximum storage periods at different temperatures.

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## ***Preparation***

### ***TO PLUMP:***

Soften prunes by combining them with an equal amount of hot or cold water or fruit juice (2-1/2 cups per pound). Cover and refrigerate at least 24 hours. After plumping, prunes may be chopped in the mixing bowl with the paddle or whipped 1 or 2 minutes at medium speed.

### ***TO COOK:***

Bring equal amounts of prunes and water to a boil. Cover, reduce heat, and simmer 7-10 minutes; or pour on enough boiling water to cover prunes, cover, and refrigerate at least 24 hours.

Make dried, pitted prunes easier to chop by mixing in 1 tablespoon of salad oil per pound before chopping.

## Facts About USDA Commodities

# Raisins, Seedless



### Ingredients

Raisins, U.S. Grade B or better

### Pack Size

30-pound carton

### Yield

One pound of uncooked raisins will provide 12.6 1/4-cup servings (approximately 1.3 ounces each). One pound of cooked raisins yields 21.4 1/4-cup portions.

### Uses

Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items; or be combined with peanuts, sunflower seeds, and granola.

### Storage

Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold the polybag liner and turn case upside down. The weight of the raisins will keep the liner tightly sealed. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	18 months	9 months	5 months

### Nutritional Value

A 1/4-cup serving of uncooked raisins provides:

Calories	110	Thiamin	0.06 mg
Protein	1.2 g	Riboflavin	0.03 mg
Carbohydrate	28.7 g	Niacin	0.30 mg
Fat	0.2 g	Iron	0.8 mg
Cholesterol	0	Calcium	18 mg
Vitamin A	31U	Phosphorus	35 mg
Vitamin C	1.2 mg	Potassium	272 mg
Sodium	4 mg		

### Preparation

Raisins keep cookies and cake moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.

When raisins are dry or when the recipe calls for plumped raisins, cover the amount needed with very hot tap water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.

Raisins freeze well and thaw quickly.



## Facts About USDA Commodities

# Sweet Potatoes, Canned (Syrup Pack)



### Ingredients

Sweet potatoes (U.S. Grade A), whole, sections, pieces, or cuts, in light syrup. May be golden, yellow, or mixed.

### Pack Size

Six No. 10 cans per case

	Temperature Shelf life	40 °F 48 months	70 °F 24 months	90 °F 12 months
--	---------------------------	--------------------	--------------------	--------------------

### Nutritional Value

A 1/4-cup serving of drained, heated sweet potatoes provides:

### Yield

One No. 10 can (108 ounces) of sweet potatoes will yield 45.4 1/4-cup servings of drained vegetable. One No. 10 can equals approximately 71 ounces (12-1/2 cups) of drained vegetable.

### Uses

Canned sweet potatoes are ready to serve or may be heated and used in entrees, soups, and baked goods.

### Storage

Store unopened canned sweet potatoes off the floor in a cool, dry place. Avoid sudden changes in temperature such as freezing or exposure to direct sunlight. Temperature changes shorten shelf life and speed deterioration of the sweet potatoes. Store in a well-ventilated area and rotate use. Store opened canned sweet potatoes covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Calories . . . . .	55	Thiamin . . . . .	0.01 mg
Protein . . . . .	0.6 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	12.4 g	Niacin . . . . .	0.12 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.4 mg
Cholesterol . . . . .	0	Calcium . . . . .	8 mg
Vitamin A . . . . .	2630 IU	Phosphorus . . . . .	12 mg
Vitamin C . . . . .	4.8 mg	Potassium . . . . .	95 mg
Sodium . . . . .	19 mg		

(Continued on back)

## **Preparation**

### **TO HEAT:**

Drain off half the liquid in the can. Pour sweet potatoes and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour sweet potatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Heat sweet potatoes in syrup or add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.

Mashed sweet potatoes may be used in recipes specifying sweet potatoes or pumpkin puree.

The difference between a yam and a sweet potato:

A sweet potato is described as "dry-fleshed" since the flesh is dry and firm when cooked. A yam (sweet potato) is considered "moist-fleshed" since the flesh turns soft and moist during cooking. The yam is sweeter than the dry-fleshed variety. Sweet potatoes may be used in place of yams, depending on the recipe. Keep in mind they are less sweet and less moist in texture.

# Facts About USDA Commodities

## Tomatoes, Canned



### Ingredients

Tomatoes, whole or diced, U.S. Grade B or better

### Nutritional Value

Pack Size	Nutritional Value
Six No. 10 cans per case	A 1/4-cup serving of canned tomatoes, heated, provides:
	Calories . . . . . 10
	Protein . . . . . 0.5 g
	Carbohydrate . . . . . 2.6 g
	Fat . . . . . 0.1 g
	Cholesterol . . . . . 0
	Vitamin A . . . . . 344 IU
	Vitamin C . . . . . 8.6 mg
	Thiamin . . . . . 0.03 mg
	Riboflavin . . . . . 0.02 mg
	Niacin . . . . . 0.40 mg
	Iron . . . . . 0.4 mg
	Calcium . . . . . 16 mg
	Phosphorus . . . . . 11 mg
	Potassium . . . . . 133 mg
	Sodium . . . . . 98 mg

### Yield

One No. 10 can (102 ounces) of canned tomatoes yields 45.5 1/4-cup servings of heated vegetable. One No. 10 can equals approximately 66 ounces of drained vegetable.

### Uses

Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, and vegetable, rice, or main dishes.

### Storage

Unopened canned tomatoes should be stored off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration. Avoid freezing and exposure to direct sunlight. Canned tomatoes may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	48 months	24 months	12 months

(Continued on back)

## ***Preparation***

### ***TO HEAT:***

Drain off half the liquid in the can. Pour tomatoes and remaining liquid into a stockpot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour tomatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two No. 10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Add flavor and interest to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil.

Add seasoned croutons to stewed tomatoes.

Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.

# Facts About USDA Commodities

## Tomato Paste, Canned



### Ingredients

Tomato paste, U.S. Grade A, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture

### Pack Size

Six No. 10 cans per case (or 55-gallon drum for processing)

### Nutritional Value

One tablespoon of tomato paste, heated, provides:

Calories	15	Thiamin	0.02 mg
Protein	0.6 g	Riboflavin	0.03 mg
Carbohydrate	3.1 g	Niacin	0.48 mg
Fat	0.2 g	Iron	0.5 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	384 IU	Phosphorus	13 mg
Vitamin C	6.6 mg	Potassium	153 mg
		Sodium	11 mg

### Pack Size

Six No. 10 cans per case (or 55-gallon drum for processing)

### Nutritional Value

One tablespoon of tomato paste, heated, provides:

Calories	15	Thiamin	0.02 mg
Protein	0.6 g	Riboflavin	0.03 mg
Carbohydrate	3.1 g	Niacin	0.48 mg
Fat	0.2 g	Iron	0.5 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	384 IU	Phosphorus	13 mg
Vitamin C	6.6 mg	Potassium	153 mg
		Sodium	11 mg

### Yield

One No. 10 can (111 ounces) of tomato paste yields 192 tablespoons (12 cups) of paste. One tablespoon of tomato paste is the equivalent of 1/4 cup vegetable.

### Uses

Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.

### Storage

Store off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature cause product deterioration. Opened tomato paste may be refrigerated 2 to 4 days in a covered, nonmetallic container. The chart shows maximum storage periods at different temperatures.

### Preparation

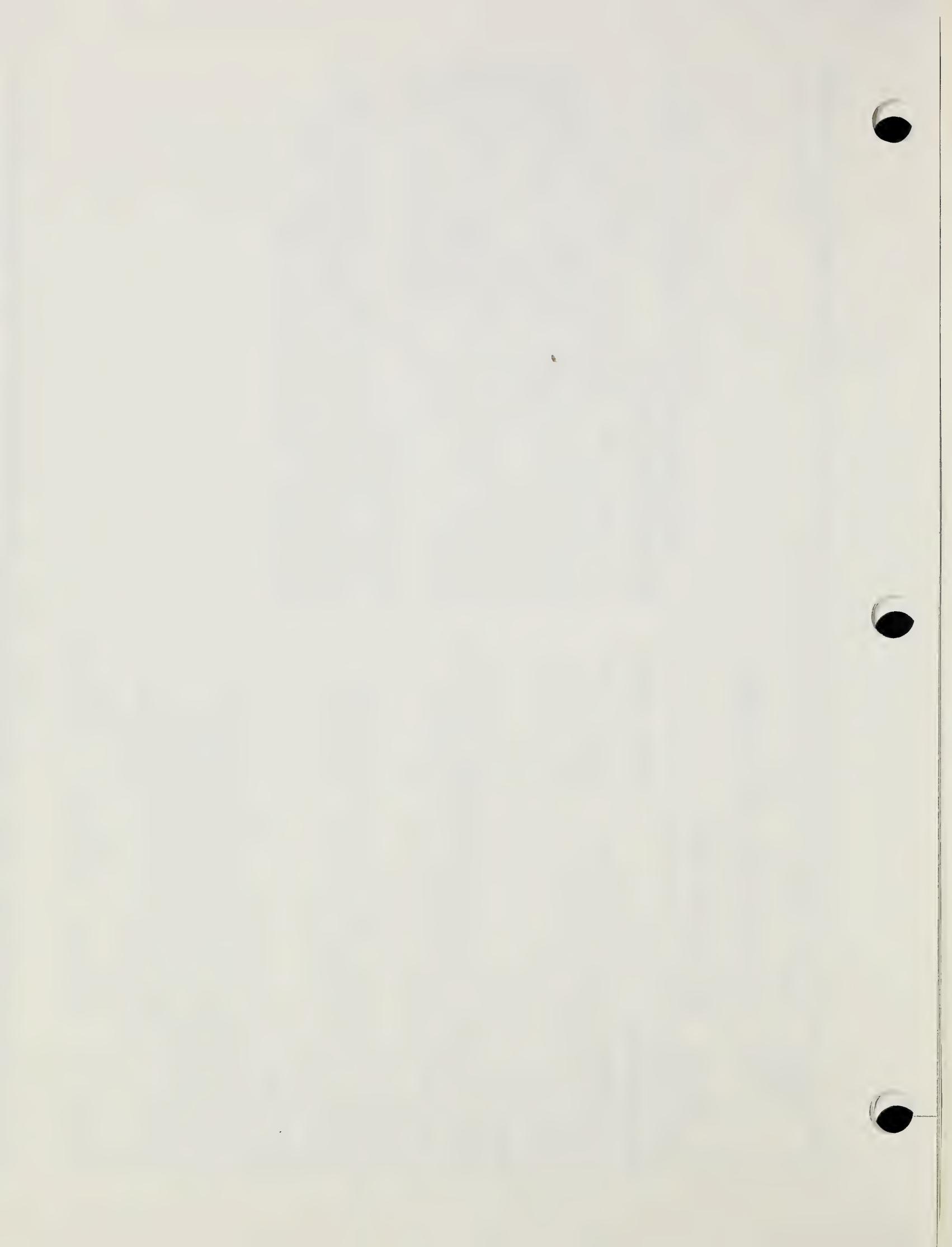
To reconstitute for use as tomato puree or sauce, mix one No. 10 can tomato paste with one No. 10 can water. To reconstitute for tomato juice, mix one No. 10 can tomato paste with three No. 10 cans water.

### Temperature

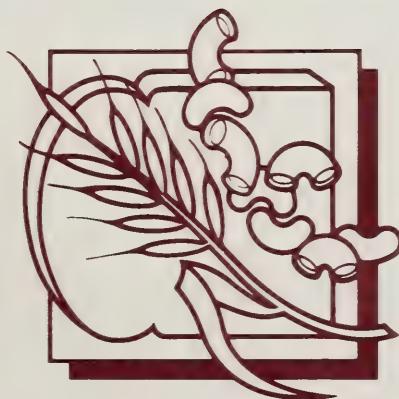
40 °F      70 °F      90 °F

### Shelf life

36 months      18 months      9 months



## Bread and Bread Alternates







## Facts About USDA Commodities

# Bulgur (Cracked Wheat)

### Ingredients

Cracked wheat

### Pack Size

Five 10-pound bags; 25- and 50-pound bags

### Nutritional Value

A 1-ounce (3-tablespoon) serving of bulgur, cooked without salt, provides:

Calories	100	Thiamin	0.08 mg
Protein	2.9 g	Riboflavin	0.03 mg
Carbohydrate	22.1 g	Niacin	1.19 mg
Fat	0.3 g	Iron	1.3 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	0	Phosphorus	85 mg
Vitamin C	0	Potassium	88 mg
		Sodium	1 mg*

### Yield

One pound of bulgur yields 19.6 1/2-cup cooked servings. One pound dry equals about 3 cups.

### Uses

Serve bulgur as a cooked breakfast cereal or with meat, poultry, or fish. Cooked bulgur may be used in casseroles, breads, desserts, soups, or stews. Bulgur can be used in place of rice in any recipe.

\*166 mg sodium per 1/2-cup serving of bulgur cooked with salt.

### Storage

Bulgur keeps well for 4 months if properly stored. Store off the floor in a cool, dry place. After opening, keep in a covered container. Bulgur may become rancid in high temperatures and high humidity. In warm climates, refrigeration is recommended.

### Preparation

Do not wash or rinse bulgur before or after cooking. Do not stir while cooking. Bulgur will continue to swell as long as moisture is available.

Bulgur may be added to flour in yeast breads (use 1/2 to 1 cup cooked bulgur to 6 cups flour). Use cooked bulgur in quick breads, biscuits, bar or dropped cookies, cakes, and fruit breads. Use bulgur either cooked or soaked until soft.

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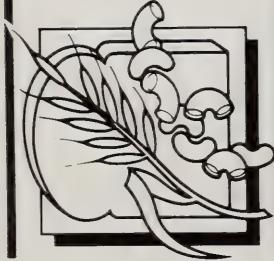
**TO COOK BULGUR:**

<b>Ingredients</b>	<b>100 Servings</b>		<b>Directions</b>
	<b>Weight</b>	<b>Measure</b>	
Bulgur, dry . . . . .	5 lb 2 oz . . . . .	1 . . . . .	1. Place 2 lb 9 oz (about 1-1/4 qt) bulgur in each of 2
Salt . . . . .	1-1/2 oz . . . . .	1 . . . . .	baking pans (12" X 20" X 2-1/2").
Water . . . . .	1 gal 3-1/2 qt . . . . .	2 . . . . .	2. Add salt to boiling water. Pour 3-3/4 qt over bulgur in
			each pan.
		3 . . . . .	3. Cover pans tightly.
		4 . . . . .	4. Bake at 350 °F (moderate oven) or steam at 5 lb
			pressure for 25 minutes.
		5 . . . . .	5. Remove from oven or steamer and let stand, covered, for 5 minutes.

**SERVING:** 1/2 cup provides 1 serving of cooked cereal grain.

## Facts About USDA Commodities

# Corn Grits



### Ingredients

Yellow or white corn (hominy) grits, ground coarse or fine and enriched

### Pack Size

50-pound bag

### Yield

One pound of regular corn grits yields 25.1 1/2-cup servings or 16.7 3/4-cup servings of cooked corn grits.

### Uses

Serve enriched corn grits as a hot cereal or use in breads, muffins, main dishes, or desserts.

### Nutritional Value

A 1/2-cup serving of enriched corn grits, cooked with no added salt or fat, provides:

Calories . . . . .	75	Thiamin . . . . .	0.12 mg
Protein . . . . .	1.7 g	Riboflavin . . . . .	0.06 mg
Carbohydrate . . . . .	15.7 g	Niacin . . . . .	0.98 mg
Fat . . . . .	0.2 g	Iron . . . . .	0.7 mg
Cholesterol . . . . .	0	Calcium . . . . .	0
Vitamin A . . . . .	0	Phosphorus . . . . .	14 mg
Vitamin C . . . . .	0	Potassium . . . . .	27 mg
Sodium . . . . .	0	Sodium . . . . .	0

### Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place. A relative humidity of 70 percent or less is recommended. If corn grits are held at a high temperature for an extended period, the grits will develop a rancid flavor. Store open bags of grits in tightly closed metal containers. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Preparation

Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost.

Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts.

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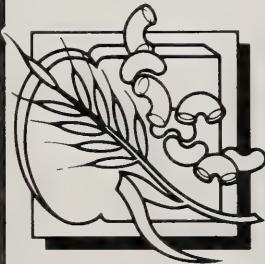
**TO COOK CORN GRITS:**

<b>Ingredients</b>	<b>100 Servings</b>		<b>Directions</b>
	<b>Weight</b>	<b>Measure</b>	
Corn grits . . . . .	4 lb 2 oz . . . . .	3 qt . . . . .	1. Add grits to boiling salted water.
Salt . . . . .	2 oz . . . . .	1/4 cup . . . . .	2. Boil for 10 minutes, stirring frequently. Reduce heat
Boiling water . . . . .	3-3/4 gal . . . . .		and simmer, stirring occasionally.

**SERVING:** 1/2 cup provides 1 serving of cooked cereal grain.

# Facts About USDA Commodities

## Cornmeal



### Ingredients

Regular (whole, ground), bolted (nearly whole-grain), or degerned cornmeal, enriched with thiamin, riboflavin, niacin, and iron. May have vitamin D and calcium added. May be yellow or white.

### Pack Size

10-, 25-, or 50-pound bag

Regular cornmeal has a higher fat content than degerned cornmeal and turns rancid sooner. Regular cornmeal should be refrigerated and used within 6 months.

### Nutritional Value

A 1-ounce (3-tablespoon) serving of dry enriched, degerned cornmeal provides:

Calories	105	Thiamin	0.12 mg
Protein	2.2 g	Riboflavin	0.07 mg
Carbohydrate	22.2 g	Niacin	0.99 mg
Fat	0.3 g	Iron	0.8 mg
Cholesterol	0	Calcium	2 mg
Vitamin A	125 IU	Phosphorus	28 mg
Vitamin C	.0	Potassium	34 mg
Sodium	Trace	Sodium	Trace

### Yield

One pound of cooked cornmeal yields about 25.3 1/2-cup portions. One pound of dry cornmeal equals about 3 cups.

### Uses

Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, fritters, or dumplings.

### Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place; a relative humidity of 70 percent or less is recommended. High temperatures and humidity encourage mold and infestation, and cause rapid deterioration. The chart shows maximum storage periods for degerned cornmeal.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Preparation

Use as directed in recipes.





## Facts About USDA Commodities

# Flour, All-Purpose

### Ingredients

Wheat flour enriched with thiamin, riboflavin, niacin, and iron. May have added calcium, enzymes, and ascorbic acid. May be bleached or unbleached.

### Pack Size

Two 25-pound bags per package; 50- or 100-pound bag

### Pack Size

Temperature

40 °F

24 months

70 °F

12 months

90 °F

6 months

Shelf life

Temperature

40 °F

24 months

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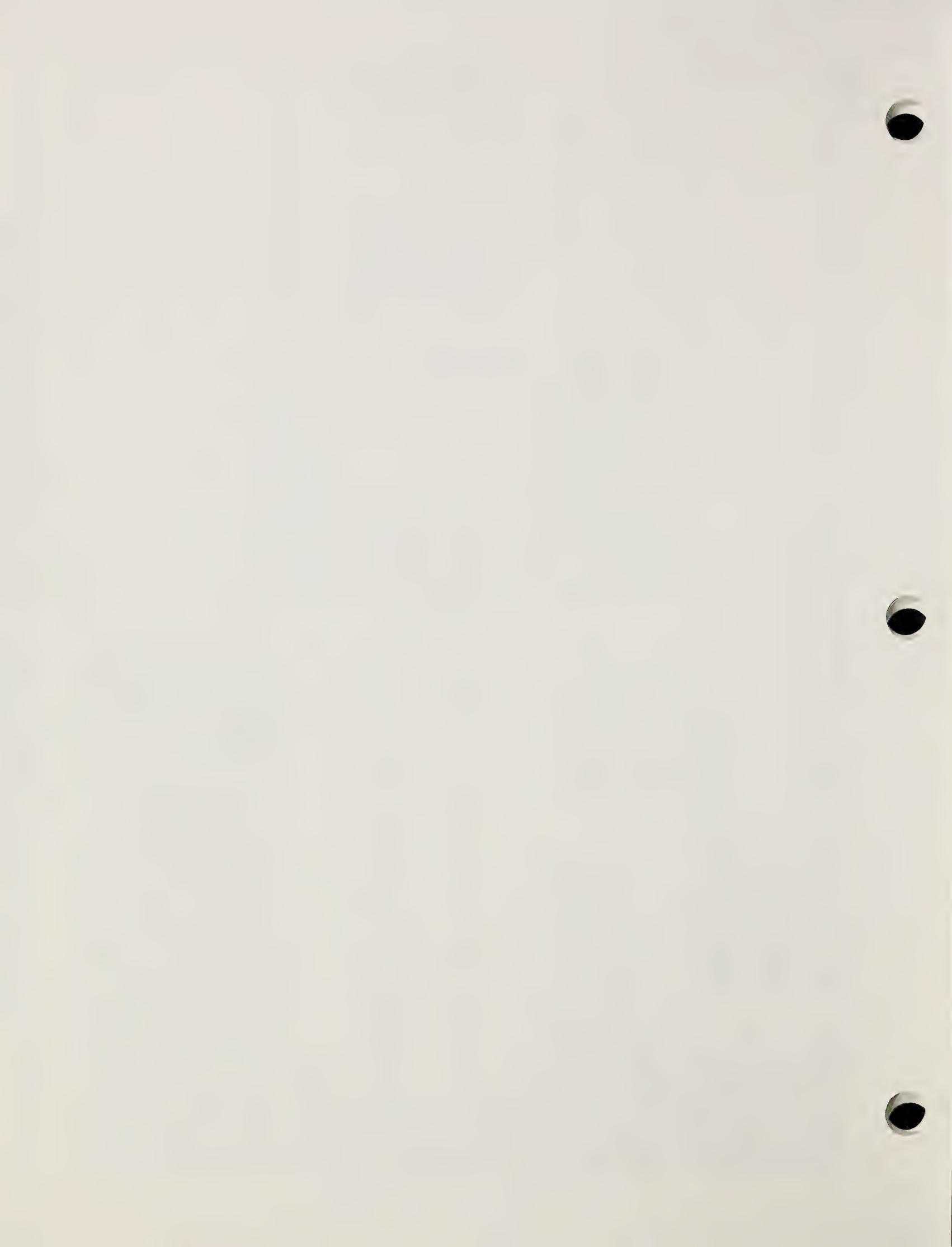
40 °F

24 months

70 °F

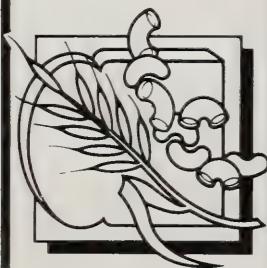
12 months

90 °F



# Facts About USDA Commodities

## Flour, Whole-Wheat



### Ingredients

Whole-wheat flour contains the finely ground bran, germ, and endosperm of the whole kernel. May contain ascorbic acid as a dough conditioner and enzymes for improved baking.

### Pack Size

Two 25-pound bags per package; 10- or 50-pound bag

containers. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	6 months

### Nutritional Value

One ounce (3-3/4 tablespoons) of whole-wheat flour provides:

Calories	95	Thiamin	0.16 mg
Protein	3.8 g	Riboflavin	0.03 mg
Carbohydrate	20.1 g	Niacin	1.22 mg
Fat	0.6 g	Iron	0.9 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	0	Phosphorus	105 mg
Vitamin C	0	Potassium	105 mg
		Sodium	1 mg

### Yield

One pound of whole-wheat flour equals approximately 3-1/2 cups.

### Uses

Whole-wheat flour is the primary ingredient in many breads and other baked items.

### Storage

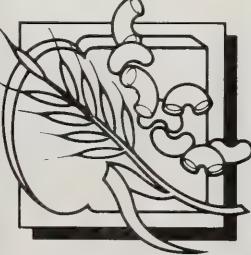
Store in a well-ventilated area at less than 60 percent humidity. Keep off the floor and away from walls. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking, and mustiness. Keep away from strong odors as flour readily absorbs them. Whole-wheat flour can become rancid, and shelf life is less than that of white flour. If it is stored for any length of time, check for rancidity by smelling the flour. Refrigeration is necessary in hot climates. Keep unused flour in tightly covered

### Preparation

Whole-wheat flour products have a distinctive flavor and a coarser texture than those made from white flour.

Substitute whole-wheat flour for part of the white flour in recipes. For best results, use one part whole-wheat flour and three parts white flour. The more whole-wheat flour, the longer the rising time needed. Because whole-wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.





## Facts About USDA Commodities

# Macaroni, Spaghetti, and Rotini (spirals)

### Ingredients

Macaroni, long or elbow (3/4" to 1-1/2" in length), spaghetti (8-1/2" to 11" in length), and rotini (1" to 1-3/4" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, and iron

### Pack Size

20-pound bag

### Storage

Store pasta products off the floor in a cool, dry, well-ventilated place. After opening, store pasta products in a tightly covered container. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	72 months	36 months	18 months

### Yield

*Macaroni:* Elbow or long: One pound cooked yields about 19.5 1/2-cup portions. One pound dry equals about 3-1/2 cups.

*Spaghetti:* One pound cooked yields about 16.5 1/2-cup portions. One pound dry equals about 6-3/8 cups.

*Rotini:* Spirals: One pound cooked yields about 16.9 1/2-cup portions. One pound dry equals about 5-3/8 cups.

### Nutritional Value

A 1/2-cup serving of cooked (unsalted) enriched macaroni, spaghetti, or rotini, tender stage, provides:

Calories	80	Thiamin	0.07 mg
Protein	2.4 g	Riboflavin	0.03 mg
Carbohydrate	16.1 g	Niacin	0.77 mg
Fat	0.3 g	Iron	0.6 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	0	Phosphorus	35 mg
Vitamin C	0	Potassium	43 mg
		Sodium	1 mg

### Uses

Macaroni and similar pasta products may be combined with a tomato or meat sauce. Use in recipes for soup, casseroles, or salads. Combine with eggs, fish, fowl, vegetables, meat, or cheese.

(Continued on back)

**Preparation  
TO COOK MACARONI, SPAGHETTI, OR ROTINI:**

Ingredients	100 Servings		Directions
	Weight	Measure	
Salt	3-1/2 oz	1/3 cup	1. Add salt to boiling water. Slowly stir in macaroni, spaghetti, or rotini until water boils again.
Boiling water	6 gal		
Macaroni	5 lb 4 oz		2. Cook uncovered until tender-firm about 8 minutes for macaroni, 10 minutes for spaghetti, and 5-10 minutes for rotini. Do not overcook.
Or			
Spaghetti	6 lb 7 oz		3. Drain.
Or			
Rotini (spirals)	6 lb		

**SERVING:** 1/2 cup provides 1/2 cup of cooked noodles or cooked pasta.

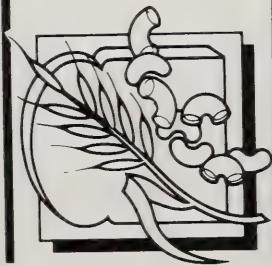
Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking, undercook slightly. Drain pasta to stop cooking. Do not rinse unless specified in the recipe.

When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent pasta from sticking and drying out. Cover tightly and store.

To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. Do not overcook.

# Facts About USDA Commodities

## Oats, Rolled



### Ingredients

Rolled oats, quick-cooking

### Pack Size

25- or 50-pound bag

### Nutritional Value

A 1/2-cup serving of cooked rolled oats with no added salt provides:

Calories . . . . .	75	Thiamin . . . . .	0.14 mg
Protein . . . . .	3.2 g	Riboflavin . . . . .	0.02 mg
Carbohydrate . . . . .	13.3 g	Niacin . . . . .	0.16 mg
Fat . . . . .	1.2 g	Iron . . . . .	0.9 mg
Cholesterol . . . . .	0	Calcium . . . . .	10 mg
Vitamin A . . . . .	15 IU	Phosphorus . . . . .	94 mg
Vitamin C . . . . .	0	Potassium . . . . .	69 mg
Sodium . . . . .	1 mg		

### Yield

One pound of dry rolled oats equals about 6-1/4 cups; 1 pound cooked yields 23.8 1/2-cup portions or 15.8 3/4-cup portions.

### Uses

Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled oats in breads, rolls, muffins, cookies, and similar baked items, and as a topping for crisps and cakes.

### Storage

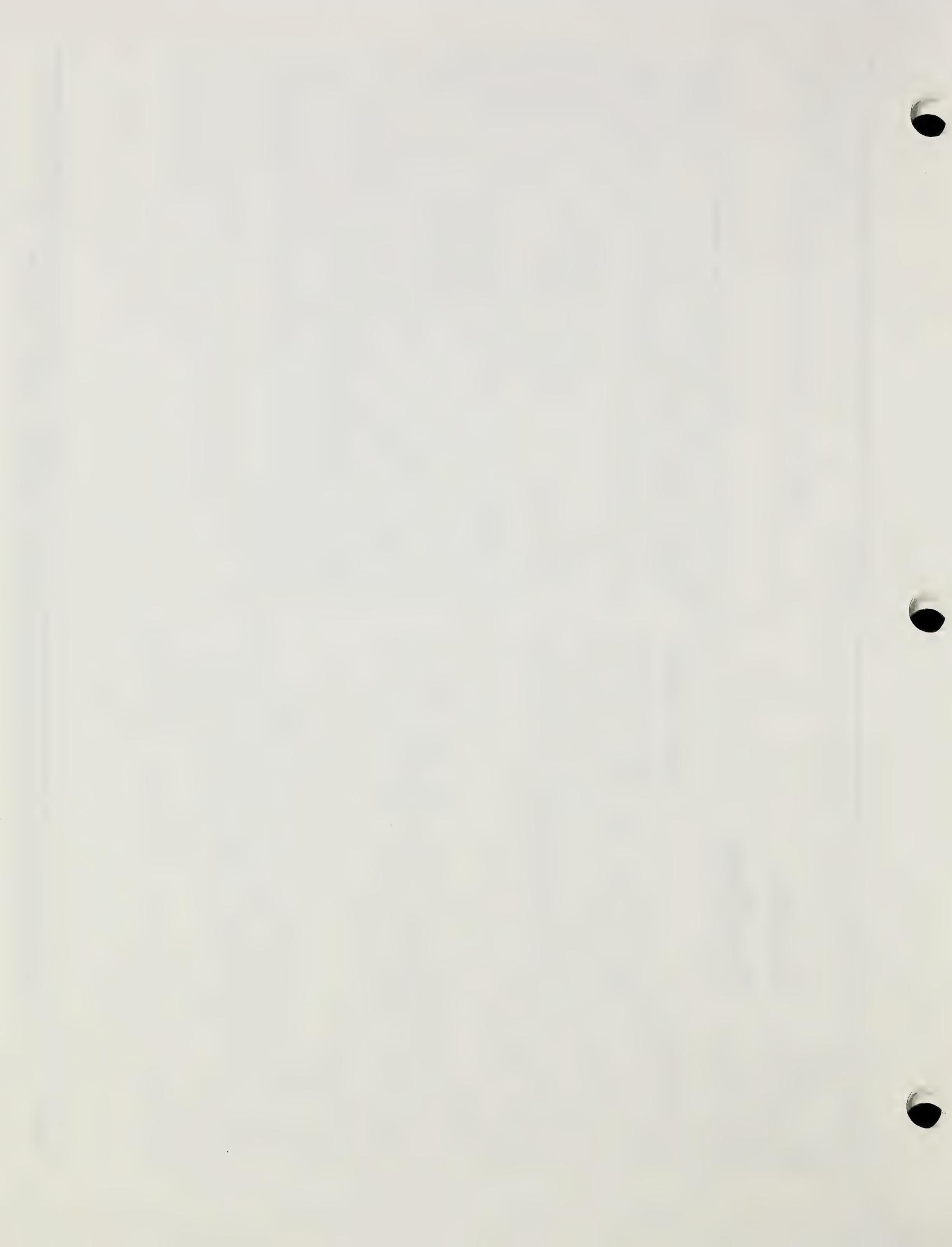
Store rolled oats off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60 percent or less is recommended. The chart shows maximum storage periods at different temperatures.

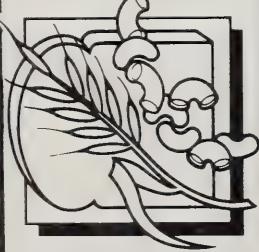
Temperature	40 °F	70 °F	90 °F
Shelf life	12 months	12 months	6 months

### Preparation

Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary.

Use as directed in recipes for preparing baked goods, cereals, etc.





## Facts About USDA Commodities **Rice, Brown**

### Ingredients

Milled brown rice, U.S. No. 1 Grade. May be long, medium, or short-grain.

### Pack Size

25- or 50-pound bag

### Yield

One pound of dry rice equals about 2-1/2 cups; 1 pound of cooked long-grain rice yields about 19.5 1/2-cup servings.

### Uses

Serve brown rice cooked or use in soups, salads, stuffings, or main dishes.

Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.

Use brown rice in any recipe calling for cooked rice. In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.

### Storage

Store in a cool, dry place for short periods of time and use refrigerated storage for extended periods. A relative humidity of 55 percent or less is recommended. Use within 6 months. Opened rice should be placed in a clean, tightly covered container. Shelf life is limited due

to the oil content of the bran. The chart shows maximum storage periods at different temperatures.

Temperature	50 to 70 °F	36 to 40 °F
Shelf life	3 months	6 months

### Nutritional Value

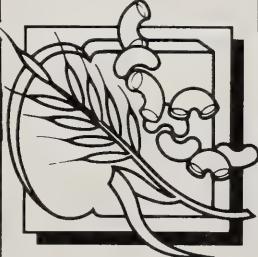
A 1/2-cup serving of cooked long-grain brown rice with no salt added provides:

Calories	115	Thiamin	0.08 mg
Protein	2.4 g	Riboflavin	0.02 mg
Carbohydrate	24.9 g	Niacin	1.36 mg
Fat	0.6 g	Iron	0.5 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	0	Phosphorus	71 mg
Vitamin C	0	Potassium	68 mg
		Sodium	3 mg

### Preparation

Do not rinse prior to cooking. Carefully measure rice and liquid. Time the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. Use 5 lb 4 oz brown rice, 1-1/4 gal 3 cups boiling water, and 1-1/3 Tbsp salt for 100 1/2-cup servings of cooked rice. Cover pans tightly and bake at 350 °F or steam at 5 pounds pressure for 50 minutes.





# Facts About USDA Commodities

## Rice, White, Enriched

### Ingredients

Long-, medium-, or short-grain rice enriched with thiamin, riboflavin, niacin, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly.

### Pack Size

25- or 50-pound bag

### Storage

Store unopened containers of rice off the floor in a cool, dry place. A relative humidity of 55 percent or less is best. Refrigeration is recommended for extended storage. Opened rice should be placed in a clean, tightly covered container. The chart shows maximum storage periods at different temperatures.

### Yield

One pound of dry rice equals about 2-1/3 cups; 1 pound of long- or medium-grain rice yields 18 1/2-cup servings of cooked rice.

### Uses

Serve white rice cooked or use in soups, salads, main dishes, or desserts.

Long-grain rice generally cooks up light and fluffy. Medium- and short-grain rice are tender and moist and tend to cling together when cooked.

Regular milled rice has had the hull and bran removed.

The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.

	Temperature 40 °F	70 °F	90 °F
Shelf life			
Regular milled rice	48 months	24 months	12 months
Parboiled rice	30 months	20 months	10 months

### Nutritional Value

A 1/2-cup serving of cooked, enriched, long-grain white rice, with no salt added, provides:

Calories	110	Thiamin	0.10 mg
Protein	2.0 g	Riboflavin	0.01 mg
Carbohydrate	24.8 g	Niacin	1.02 mg
Fat	0.1 g	Iron	1.4 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	0	Phosphorus	29 mg
Vitamin C	0	Potassium	29 mg
		Sodium	2 mg

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## *Preparation*

To retain vitamins, do not rinse before or drain after cooking. Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add 1/2 cup liquid per quart of cooked rice.

## TO COOK RICE (Oven or Steamer):

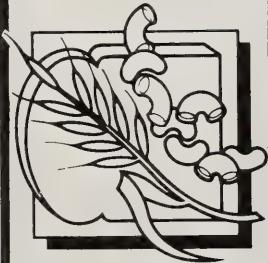
100 Servings		Directions
Ingredients	Weight Measure	
White rice, long-grain (regular or parboiled)		1. Do not rinse enriched rice.
or medium-grain	5 lb 10 oz . . . . .	2. Place rice in steamtable pan (12" x 20" x 2-1/2"), no
Salt	3-1/2 qt . . . . .	more than 3 lb per pan.
Boiling water	1-1/3 Tbsp . . . . .	3. Add salt to boiling water; pour over rice, 1 qt
	1-1/4 gal 2 cups	per lb of rice.
		4. Cover pans tightly.
		5. Bake at 350 °F (or steam at 5 lb pressure) for 25
		minutes.
		6. Remove from oven or steamer and let stand covered
		for 5 minutes.

**SERVING:** 1/2 cup rice provides 1 serving cooked cereal grain.

**Yield:** 100 servings: about 2 gallons 3-1/4 quarts

# Facts About USDA Commodities

## Wheat, Rolled



### Ingredients

Rolled wheat, quick-cooking

### Pack Size

25- or 50-pound bag

### Nutritional Value

A 1/2-cup serving of cooked rolled wheat with no added salt provides:

### Yield

One pound of dry rolled wheat equals about 4-3/4 cups;  
1 pound cooked yields 22 1/2-cup portions or 14.7  
3/4-cup portions.

### Uses

Serve rolled wheat as a hot cereal or use as an extender  
for meat loaf or meat patties. Use rolled wheat in  
breads, rolls, muffins, cookies, and similar baked items  
and as a topping for crisps and cakes.

### Storage

Store rolled wheat off the floor in a cool, dry, well-  
ventilated place. High temperatures and humidity  
contribute to infestation and mold. A relative humidity of  
60 percent or less is recommended. The chart shows  
maximum storage periods at different temperatures.

Temperature  
Shelf life

40 °F      70 °F      90 °F  
12 months   12 months   6 months

Calories	75	Thiamin	0.08 mg
Protein	2.4 g	Riboflavin	0.06 mg
Carbohydrate	16.6 g	Niacin	1.08 mg
Fat	0.5 g	Iron	0.7 mg
Cholesterol	0	Calcium	8 mg
Vitamin A	0	Phosphorus	84 mg
Vitamin C	0	Potassium	86 mg
		Sodium	0

### Preparation

Rolled wheat may be substituted for rolled oats in any  
recipe. Make substitution only on a volume basis since  
weights of these products vary.

Use as directed in recipes for preparing baked items,  
cereals, etc.

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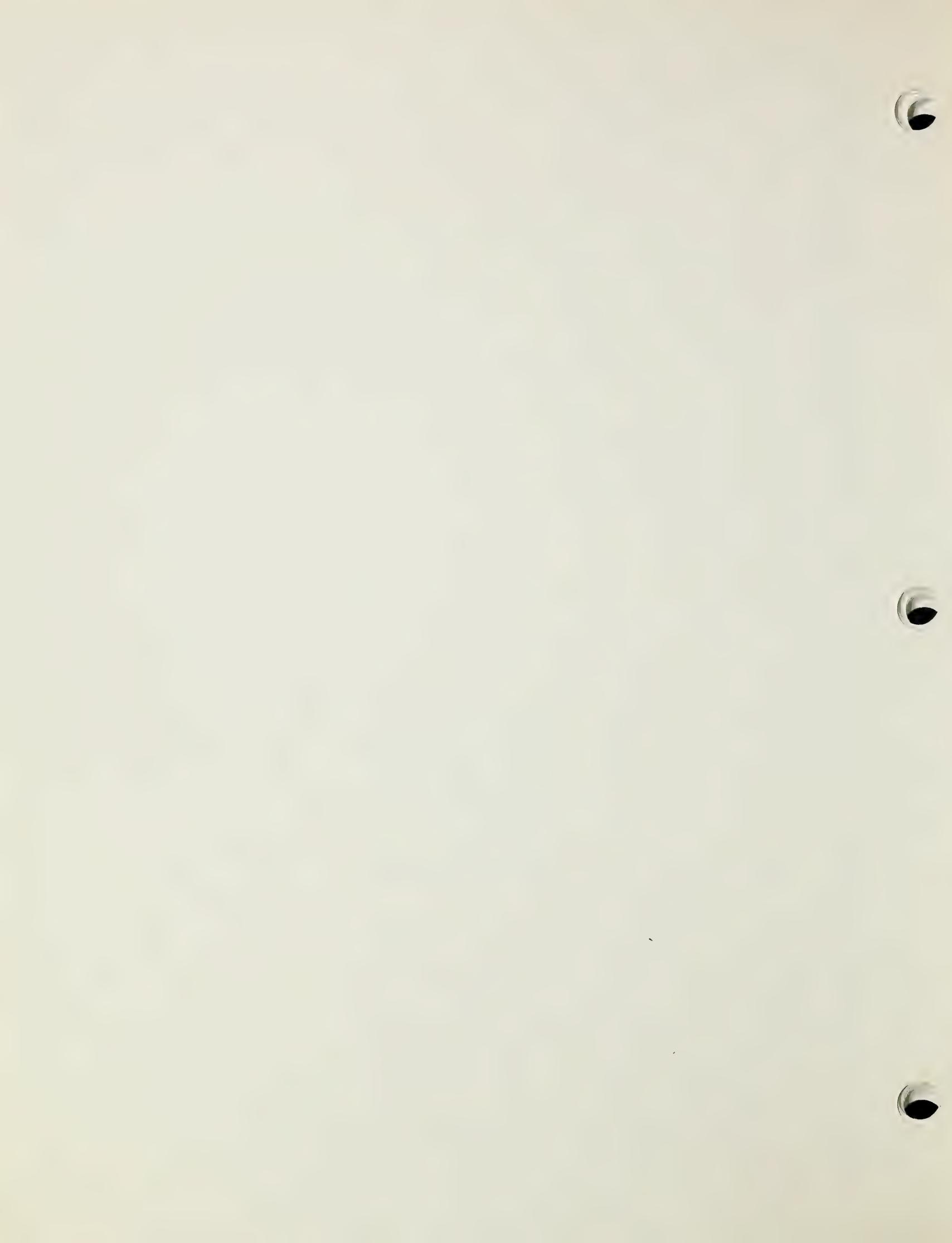
**TO COOK ROLLED WHEAT (Quick-Cooking):**

Ingredients	Weight	50 Servings		Directions
		Measure		
Rolled wheat	2 lb 5 oz	2 qt 2-1/2 cups	1.	Stir rolled wheat into boiling salted water in a kettle, saucepan, or stockpot.
Salt	1 oz	2 Tbsp	2.	Bring to boil. Reduce heat and simmer for 20
Boiling water	1-1/2 gal			minutes, stirring occasionally.

**SERVING:** 1/2 cup cooked rolled wheat provides 1/2 cup  
cooked cereal grain.

## Other Foods







## Facts About USDA Commodities **Butter**

### **Ingredients**

Butter, U.S. Grade A, salted

### **Pack Size**

1-pound cubes in  
30-, 32-, or  
36-pound case

When storing butter for several days in the refrigerator, wrap it in air-tight plastic or store in a covered container. This prevents absorption of odors and protects it against light and air.

### **Yield**

One pound of butter will yield about 96 teaspoons (about 2 cups).

### **Uses**

Butter adds flavor to cooked vegetables and breads, rolls, and other cereal products. It may be used as an ingredient in cakes, cookies, and other baked goods.

### **Storage**

Store butter at 0 °F below for maximum storage life. Butter freezes at approximately 20 to 22 °F. Freeze butter to maintain freshness. The chart shows maximum storage periods at different temperatures.

Temperature  
Shelf life

0 °F  
18 months

32 to 35 °F  
1 month

Although butter may be safely kept slightly longer than the periods listed, the longer it is stored, the greater the chances of rancidity, flavor loss, and shrinkage.

### **Nutritional Value**

One teaspoon of salted butter provides:

Calories	35	Thiamin	0
Protein	Trace	Riboflavin	Trace
Carbohydrate	Trace	Niacin	Trace
Fat	3.8 g	Iron	Trace
Cholesterol	10 mg	Calcium	1 mg
Vitamin A	143 IU	Phosphorus	1 mg
Vitamin C	0	Potassium	1 mg
		Sodium	39 mg

(Continued on back)

## ***Preparation***

To soften butter for use as a spread, hold amount needed at room temperature (65 to 75 °F). Butter will melt at 80 to 95 °F.

## ***BUTTER EQUIVALENCIES:***

If recipe calls for: Use:

1 cup margarine	1 cup butter
1 cup shortening	1 to 1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.
1 cup lard	1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.



## Facts About USDA Commodities **Honey**

### **Ingredients**

Grade A honey

### **Pack Size**

Six 5-pound cans per case

### **Nutritional Value**

One tablespoon of honey provides:

Calories .....	65	Thiamin .....	Trace
Protein .....	0.1 g	Riboflavin .....	0.01 mg
Carbohydrate .....	17.3 g	Niacin .....	0.06 mg
Fat .....	0	Iron .....	0.1 mg
Cholesterol .....	0	Calcium .....	1 mg
Vitamin A .....	0	Phosphorus .....	1 mg
Vitamin C .....	0.2 mg	Potassium .....	11 mg
Sodium .....	1 mg		

### **Yield**

One pound of honey yields about 22.3 1-tablespoon portions of honey.

### **Uses**

Use honey as a spread for bread, muffins, and biscuits. Use in recipes for cakes, cookies, and frozen desserts or use with sandwich fillings along with dried fruits, peanut butter, or cottage cheese. Honey may be substituted for sugar in many recipes.

NOTE: DO NOT GIVE HONEY TO, OR USE IN FOODS FOR, INFANTS UNDER 1 YEAR OLD.

### **Storage**

Honey keeps best when stored in a dry place at a temperature between 60 and 72 °F. Opened honey should be covered tightly to prevent moisture absorption.

Unopened containers of honey can be stored for about 24 months at 70 °F.

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## Preparation

Honey may crystallize as it ages, or if stored in the refrigerator. To reliquify crystallized honey, place the container of honey on a rack in a pan of lukewarm water. Overheating may cause a loss of color and flavor.

Honey may be used in place of sugar in preparing puddings, custards, pie fillings, baked apples, candied and sweet-sour vegetables, glazes, frostings, and salad dressings. Use less honey as it provides more sweetening than sugar.

For most baked goods, honey may be used for up to 20 percent of the sugar. Slightly reduce the liquid in the recipe. Honey contains about 20 percent water. In cakes and cookies, honey must be mixed thoroughly with the other ingredients to prevent a soggy layer from forming on top. Combine honey with either the shortening or the liquid.

When baking with honey, reduce the oven temperature by 25 °F. Products containing honey brown faster than those made with other sweeteners.

Cakes and cookies made with honey are noted for their keeping qualities. The ability of honey to absorb and retain moisture retards drying out and staling of baked goods.



## Facts About USDA Commodities **Milk, Nonfat Dry (Noninstant)**

### Ingredients

Dried (noninstant) pasteurized skim milk

### Pack Size

50-pound bag

### Nutritional Value

A 7/8-ounce measure of nonfat dry milk (weight of nonfat dry milk to make 1 cup reconstituted skim milk), nonfortified, provides:

### Yield

One pound of nonfat dry milk, reconstituted, will yield 20 cups of fluid milk; one pound of noninstant, nonfat dry milk is about 3-1/2 cups (dry); 3/4 cup (3.2 oz) dry milk + 3-3/4 cups water = about 1 quart of fluid skim milk.

### Uses

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, and custards.

### Storage

Store nonfat dry milk off the floor in a cool, dry place. After opening, keep in a covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes. After mixing with water, cover milk and refrigerate. Use within 3 to 5 days. The chart shows maximum storage periods for the dry milk at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	24 months	12 months	3 months

### Preparation

When recipes specifying milk contain a large portion of dry ingredients, as for bread, biscuits, muffins, and cakes, nonfat dry milk may be mixed with the other dry ingredients and the water for reconstitution may be added to the liquid ingredients. Use as directed in recipes requiring dry milk, or reconstituted as a substitute in a cooked product when fresh milk is specified. In recipes specifying both weight and volume measurements for dry milk, using the weight will give more consistent results.

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## **TO PREPARE FLUID SKIM MILK AND SOUR MILK:**

(D-3)

<u>Ingredients</u>	<u>1 Gallon Reconstituted</u>	<u>Weight</u>	<u>Measure</u>	<u>Directions</u>
FLUID SKIM MILK				
Nonfat dry milk,				
Noninstant . . . . .	14 oz . . . . .	3 cups . . . . .		<ol style="list-style-type: none"><li>1. Sprinkle noninstant dry milk on top of water and beat with mixer, rotary beater, or wire whip until smooth.</li><li>2. If not used immediately, cover and refrigerate.</li></ol>
Water, room temperature	3-3/4 qt . . . . .			

To prepare SOUR MILK, use 1 cup vinegar in place of 1 cup of the water in Fluid Skim Milk recipe.

Note: From 3.2 to 3.5 ounces of nonfat *dry* milk can be used to make a quart of fluid milk. For convenience in measuring, 3.5 ounces (3-1/2 oz) nonfat dry milk per quart was used in this recipe.



## Facts About USDA Commodities Tomato Catsup, Canned

### Ingredients

Regular tomato catsup made from tomatoes and seasonings

### Pack Size

Six No. 10 cans per case

### Nutritional Value

One tablespoon of tomato catsup provides:

Calories	15	Thiamin	0.01 mg
Protein	0.3 g	Riboflavin	0.01 mg
Carbohydrate	3.8 g	Niacin	0.24 mg
Fat	0.1 g	Iron	0.1 mg
Cholesterol	0	Calcium	3 mg
Vitamin A	210IU	Phosphorus	8 mg
Vitamin C	2.2 mg	Potassium	54 mg
		Sodium	156 mg

### Yield

One No. 10 can (115 ounces) of tomato catsup equals 11.4 cups.

### Uses

Serve canned tomato catsup as a condiment or use in recipes for sauces, vegetable dishes, and main dishes.

### Storage

Store unopened canned tomato catsup off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration of the catsup. Store opened tomato catsup in the refrigerator in a covered, nonmetallic container. Use within 6 months. The chart shows maximum storage periods at different temperatures.

Temperature	40 °F	70 °F	90 °F
Shelf life	36 months	18 months	9 months

### Preparation

Use tomato catsup as a condiment and as directed in recipes.





## Facts About USDA Commodities Vegetable Oil

### Ingredients

Corn, cottonseed, peanut, soybean, sesame, sunflower, or safflower oil or in combination. Vegetable oil has been partially hydrogenated and "winterized." (Excludes olive oil.)

### Pack Size

Six 1-gallon cans per case.

Temperature      40 °F      70 °F      90 °F  
Shelf life          24 months      12 months      6 months

**Pack Size** When held below 32 °F oil may form solid material which will disappear on warming. The chart shows maximum storage periods at different temperatures.

The term winterized means that the oil has received special processing so that, if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.

### Yield

One cup of oil weighs about 7.65 ounces. One pound of oil measures about 2-1/8 cups, and 1 pound of hydrogenated shortening measures about 2-1/4 cups.

### Uses

Use in recipes specifying oil, melted fat, or hydrogenated shortening, such as for biscuits, cornbread, muffins, rolls, pie dough, and quick breads. Oil can also be used for deep-fat frying, pan greasing, oiling baked potatoes, and in salad dressing.

### Storage

Store cans of oil off the floor in a cool, dry place. Carefully clean spout and replace screw cap tightly after each use. Exposure to air causes oil to lose quality.

### Nutritional Value

One tablespoon of soybean oil provides:

Calories	120	Thiamin	0
Protein	0	Riboflavin	0
Carbohydrate	0	Niacin	0
Fat	13.6 g	Iron	0
Cholesterol	0	Calcium	0
Vitamin A	0	Phosphorus	0
Vitamin C	0	Potassium	0
		Sodium	0

### Preparation

Use as directed in recipes specifying oil, salad oil, or vegetable oil.

For general use, vegetable oil and hydrogenated shortening are interchangeable by weight but *not* by volume.





## Facts About USDA Commodities **Vegetable Shortening**

### Ingredients

Soybean oil shortening. Antioxidants and an antifoaming agent may be added.

### Pack Size

50-pound pack or 12 3-pound cans per case

### Nutritional Value

One tablespoon of shortening provides:

Calories .....	115	Thiamin .....	0
Protein .....	0	Riboflavin .....	0
Carbohydrate .....	0	Niacin .....	0
Fat .....	12.8 g	Iron .....	0
Cholesterol .....	0	Calcium .....	0
Vitamin A .....	0	Phosphorus .....	0
Vitamin C .....	0	Potassium .....	0
Sodium .....	0		

### Yield

One pound of vegetable shortening equals about 2-1/4 cups.

### Uses

Use shortening in breads, pie crusts, cakes, cookies, and other baked items. Shortening may be used for pan-frying meat and poultry and for greasing pans.

### Storage

Store shortening off the floor in a cool, dry place. If held above 90 °F it may lose its creaming ability. Wrap opened shortening, or cover tightly. Shortening will lose quality with exposure to air. The chart shows maximum storage periods at different temperatures.

Temperature  
Shelf life

40 °F      70 °F      90 °F  
48 months   24 months   12 months

### Preparation

Use in recipes specifying shortening or fat.

